

Are You Struggling With A Loss?

- * The death of a family member, friend or pet?
- * The loss of a Relationship or Job? * A Move or Relocation?
- * Are you entering a new era of your life?
- * Need some help letting go?



The Enyonkwa'nikonhriyohake' (Good Minds) Program

will be offering a FREE
Grief Edu-Therapy Group
8-9 Weeks of Support
For Men and Women

To be held at the Community Wellbeing Centre Teaching Lodge
If interested, please contact Jessi Hill @ 613-967-0122 ext. 167