



Grief, Loss & Life Transitions



7 Week Program with sessions that will cover topics such as coping with grief and loss; how to care for yourself as a care giver; the healing effects of nature; personal coping; living with life's transitions; and much more.

Please join us for an uplifting 7 weeks with leader

RICK BENSON

*Grief Recovery Specialist, End of Life Care, Mindfulness Leader,
and Author of "My Chaos: Searching for my New Normal"*

Holy Trinity Anglican Church
2 Hammond River Rd. Quispamsis
(Beside the Hammond River Bridge)

7 Week Program Schedule

Starts Saturday January 27th from 12 pm to 4 pm (includes lunch)
then weekly

- Thursday February 1st - 1 to 3 pm
- Thursday February 8th - 1 to 3 pm
- Thursday February 15th - 1 to 3 pm
- Thursday February 22nd - 1 to 3 pm
- Thursday February 29th - 1 to 3 pm
- Thursday March 7th - 1 to 3 pm

To pre-register call 506-647-8170

Non-refundable fee of \$35 to reserve a space