

A Mount Carmel Spiritual Centre Workshop

Understanding Grief

Saturday, November 2, 2019 – 9:30 am-3:30 pm

Cost: \$65 – includes buffet lunch



Are you experiencing grief due to the death of a loved one, the loss of a marriage, or the breakup of a relationship? Grief is a natural response to loss. Understanding the Grief you are feeling is the first step to healing. Using various methods, we will explore the many facets of grief. Through group work and personal reflection you will be guided through the stages and the impact that grief and loss have on our lives. This is an opportunity to share your grief story in a safe and supportive environment where you will be provided with tools to move forward through the grief process.

"Everyone grieves in their own way and at their own pace."



Presenter Anna Racine serves as adjunct faculty at Mount Carmel Spiritual Centre in a facilitator role. In addition, Anna ministers on the St. Thomas More Parish Bereavement Team. In 2015, Anna was the recipient of the Niagara Catholic Award of Distinction for her twenty years of service in Church Ministry and in various roles with the Niagara Catholic District School Board.

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