



a HealthyNS Program

FREE Online Class Understanding Grief (2 week series)



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to register

Grief can affect us all differently, and many people wonder what is 'normal'. In two sessions, you will learn there is no correct grief response, clear up common myths, and explore the many ways loss can show up in the mind and body. You will leave with practical tools for caring for yourself and supporting others. Please note: This is an educational workshop, not a support group, and may feel tender for those with a recent loss.

Sign up today:

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