



GRIEF, LOSS & CHANGE WORKSHOP

During suicide prevention week 2022, Strong Communities Ltd, The Doula Way and Ride4Lives have teamed up to bring a **FREE** Grief, Loss and Change workshop to the **Gladstone community**.

Join us for the 2-hour **Adults Grief Workshop**, discussing the impact of change, loss & grief, some common misconceptions about grief and ways we can move forward after the death of someone we love or support someone grieving.

**Adult Grief Workshop;
Understanding change,
loss & grief**

**Wednesday 14th September 6:30pm- 8:30pm
Gladstone (Address provided on registration)
FREE - light refreshments are provided**

Registration essential by texting your details to
our team on 0497 704 113

