

Adult Grief and Loss Support Group

In collaboration with Darren Dressler,
Shepherd of the Hills Lutheran Church

During this 8 week program, adults will become more aware of their own grief process and how to deal with it more effectively. This group will offer education, coping tools and strategies, as well as support while individuals cope with their loss.

Tuesdays, 6:30 pm – 8:30 pm

Mar. 3 – Apr. 21, 2020

Register by: Feb. 25, 2020

Community Links: 211, 125 Main St NW



Cost is \$25, Sliding fee scale available. Payment can be made by e-transfer, credit card over the phone, or by debit, cash or cheque in person. Please note, you are not fully registered until payment is made.

To register online visit www.nrvcl.ab.ca, or call
403-945-3900 or 1-866-945-3905.



CommunityLinks