

Grief and the Holidays

Getting through the holiday season may be difficult for those who have experienced the death of a loved one. Participants will explore practical ways to approach the holidays. Offered in partnership with Alberta Health Services – Cochrane Addiction and Mental Health Clinic and Cochrane FCSS. For more information contact 403-851-6100.

Location HomeStead Apartment Building
209 Second Ave W

Day/Time Wed, 7-8:30 pm

Date Nov 30

Cost Free but registration required.

Contact 403-851-2250



FOR MORE INFORMATION:
Family & Community Support Services
403-851-2250
www.cochrane.ca

