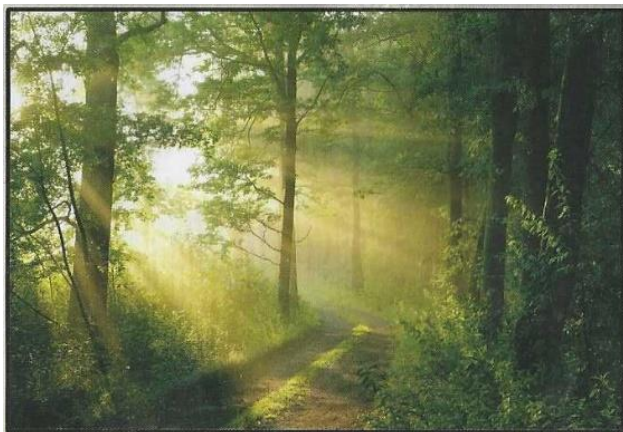


WORKSHOP

“TRANSITIONING THROUGH LOSS & GRIEF”



Grieving, be it the loss of a loved one, loss of a relationship or loss of health, is a difficult journey that needs/requires support.

“There is no way around grief. The only way is through!”

Maxine Hollinger, MA,CCMHC,CHt, and David Leckrone, BS,CLC (known as “Two Elder Guides”) are offering a workshop for those who have experienced loss. Together we will explore the grief process through sharing our stories, learning coping skills, using guided imagery and relaxation and breathing techniques. They provide guidance to help participants transition through loss and grief and rescript a new life. Maxine and David have certifications in clinical mental health and life coaching.

When: Saturday, May 6, 2023, 10 AM – 2:30 PM

**Where: Our Lady of Peace Catholic Church
2938 Oakleigh Avenue, Appomattox VA**

A light lunch will be provided by the Justice & Peace Ministry at Our Lady of Peace Church.

To register or for more information, please contact Eileen Brennen at (434) 248-6641 or (434) 660-3721 or via email at abbasgirl24522@yahoo.com.