



LIVING IN LIFE IS LIVING WITH GRIEF



We all experience grief in life ... it's unavoidable. Our society doesn't do a great job in making space for it and so many people experience increased suffering as a result.

Learn what research tells us about the reality of bereavement and how we can help ourselves and each other as we struggle with loss.

Presented by: Trevor Josephson MC, RCC
Manager of Clinical Services
Peace Arch Hospice Society



Date: Thursday, January 18, 2024
Time: 1:00 pm to 3.00 pm (Doors open at 1:00 pm)
Location: White Rock Community Center - 15154
Russell Avenue, White Rock
Registration is free and lunch will be provided
To register: email semi.seniors@gmail.com