

SUPPORTERS OF DEMENTIA



Caregiver Workshop on Loss & Grief

PRESENTED BY MAX UHLEMAN, PHD

Grieving is the natural human response to the loss of someone or something we care deeply about and is unique to each of us. Grieving is most likely more complicated and confusing for those who are losing someone from a chronic illness such as dementia.

Join us for an informative workshop, with presentations and exercises that review topics such as:

- Unique losses when dementia is present
- Practical ways to understand the process of grieving
- Uniqueness of anticipatory grief in chronic illness
- Physical and mental benefits of reaching out for support and much more.

Thursday, June 18th
1:00 pm- 4:30 pm

SENIORS ACTIVITY CENTRE
1353 RICHTER ST

Registration required. Please contact Seniors Outreach at **250-861-6180** or email connector@seniorsoutreach.ca to reserve your spot

