

## Healing Hearts Workshop: Navigating

# Grief and Loss

### Join us on an empowering journey

In times of grief and loss, finding solace and support is essential. Healing Hearts offer a safe space to explore your emotions, share experiences, and learn coping strategies to navigate through challenging times.

**When** Wednesday, 6 November 2024  
10am - 11:30am

**Where** mecwacare Ballan Health  
and Care Training room

**Cost** The workshop is free, and  
a morning tea will be provided  
at no cost.

REGISTER  
YOUR  
INTEREST

#### What to Expect:

- Therapeutic activities
- Emotional guidance and support
- Practical tools for healing and resilience
- Empowerment.

#### Who should Attend:

- People who are experiencing or have experienced the loss of a loved one, a relationship loss, or the loss of a beloved pet
- Those supporting loved ones through grief – caregivers, friends, and family members
- Anyone seeking understanding and healing
- Those struggling to cope with the emotional impact of grief.

For more information and to register, contact  
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