



BEFRIENDING GRIEF

NATIONAL BEREAVEMENT DAY

Tuesday, November 19th, 2019

*A presentation on grief
for the general public*



NATIONAL BEREAVEMENT DAY

Tuesday, November 19th, 2019 | 1:30 - 2:45 pm

Kanata Kelowna Hotel & Conference Centre | 2429 Hwy 97 North

NO CHARGE TO ATTEND

Come learn about the many faces of grief, how one must go through and not around grief and how you can support yourself or others through the grief process.



Jessica Hughes, RTC

*Assoc. Director of Bereavement Services,
Bereavement Counselor*

Learn the difference between grief and mourning, how grief can show up and ways we can offer support to those around us.



Mary Ellen McNaughton, CCC

Bereavement Counselor

Importance of Ceremony



Shawn Cook-Bunka, BSW

Bereavement Counselor

Supporting Kids + Youth through grief



Suzanne Thompson, MSW, RSW

Bereavement Counselor

Getting through the Holidays