

Lethbridge Family Services

Since 1910

Counselling, Outreach & Education



PERSONAL REFLECTIONS OF GRIEF

A Personal Growth Group

Finding compassionate supports when you have experienced a profound loss is important.

This 4-week personal growth group will invite participants to share their experience and discuss different aspects of the grieving process, including:

- common responses to loss
- cycle of grief
- self-care and coping

Thursdays, 9:30-11:00 am

October 10th-31, 2024

 LFS Counselling Office: 1098 3rd Ave North, Lethbridge

No cost to participate Register by September 25, 2024

For more information or to inquire about an intake, contact
Outreach & Education at outreach@lfsfamily.ca or 403-327-5724