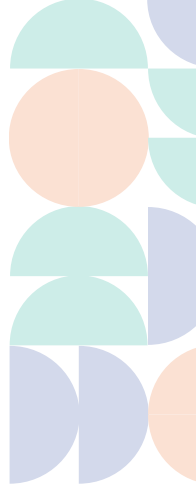




# LET'S TALK: GRIEF AND LOSS

*supporting each other...*



**Cara Grosset**  
MSW, PhD, RSW, CT

## OCT 24, 2023

- **What:** INTERACTIVE GRIEF SUPPORT
- **Where:** This is an online (virtual) session. Zoom links will be sent in advance.
- **Who:** People who receive services from Christian Horizons, and their support staff
- **When:** Thursday, October 24th 2023, at 1:00–2:00 PM EDT (Ontario) or 11:00–12:00 CST (Saskatchewan)

Have you experienced loss in the past few years – whether missing time with family and friends, job changes, or knowing people who have died?

Let's talk about this, and support each other through it. We are pleased to welcome grief specialist Dr. Cara Grosset to walk us through this time together.

Register at the link below or by using the QR code



[bit.ly/karis-grief-oct23](https://bit.ly/karis-grief-oct23)

