



Navigating Through Grief and Loss

Grief is a universal experience, yet we each feel it so uniquely.

*It comes in many forms, whenever it wants,
often when we think we're doing just fine. -Emily Wray*

**Tuesday
Sept 26, 2023**

**Escondido TANF Office
350 E. Grand Ave.
Escondido CA 92025**

**10:00A
-
12:00P**

Come Join This Workshop and Learn About

- **The Facts About Grief and Loss.**
- **How To Help Someone Who is Grieving**
- **Things You Can Do To Move Through Your Own Grief and Loss**
- **Make a Clay Bowl That Holds Your Memories**

In-Person Seating and Transportation is Limited

Please RSVP With Cyndie @ (619)460-3400 ext. 210 or cgilliam@sctca.net by

Monday September 18th

For those that can NOT come in person, RSVP a ZOOM link will be send to you.