



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Alan P. Sentance Educational Lecture Series: **Good Grief - Loss**

Presented by Jill Whitford, from



Thursday, March 14th 2019
10:30—11:30am
The Good Companions
Room 014

There are all kinds of loss that we must cope with in our lives; different people need different kinds and different levels of support during times of loss. Let's look at types of loss that take place in people's lives. Join Jill Whitford, a family services counselor from First Memorial Funeral Services, to look at ideas and strategies to consider using during a loss. **This is a free seminar. All in the community are welcome and encouraged to attend. Please note and respect that our centre is scent free. Please register in person or call Front Reception to reserve your spot.**

The Good Companions - 670 Albert St.
Space is limited. Call 613-236-0428 or stop by our Front Reception to register.
Parking available (\$2.50/day)
OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.