



Alan P. Sentance Educational Lecture Series:

They Said We Couldn't Come

Living With Grief In Pandemic Times

Presented by Julie Ann Levett

Tuesday, October 26th 2021
1 - 2:30pm

Free Presentation Via Zoom

Please join Julie Ann Levett, Program Manager with Bereaved Families of Ontario - Ottawa Region, for this interactive presentation. Julie Ann will discuss the anticipatory grief, self and community care, and the restrictions and complicated grief of Covid losses.

This is a free online presentation via Zoom with an option to connect over the phone.
All in the community are welcome and encouraged to attend.

E-mail info@thegoodcompanions.ca or

Call **(613)236-0428** to receive Zoom information to connect

The Good Companions Seniors' Centre
(613) 236-0428
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