

Healing Hearts Workshop: Navigating

Grief and Loss

Join us on an empowering journey

In times of grief and loss, finding solace and support is essential. Healing Hearts offer a safe space to explore your emotions, share experiences, and learn coping strategies to navigate through challenging times.

When	Wednesday, May 29, 2024 10am - 11:30am
Where	mecwacare Ballan Health and Care Training room
Cost	The workshop is free, and a morning tea will be provided at no cost.

For more information and to register, contact
Louise Mayall (Advisor - Healthy Ageing)

E Louise.Mayall@mecwacare.org.au
T 03 5366 7934 M 0429 054 503

REGISTER
YOUR
INTEREST

What to Expect:

- Therapeutic activities
- Emotional guidance and support
- Practical tools for healing and resilience
- Empowerment.

Who should Attend:

- People who are experiencing or have experienced the loss of a loved one, a relationship loss, or the loss of a beloved pet
- Those supporting loved ones through grief – caregivers, friends, and family members
- Anyone seeking understanding and healing
- Those struggling to cope with the emotional impact of grief.

Freecall 1800 163 292



mecwacare.org.au