

# Caregiver Education Series



## HOLIDAY HOPE



**Helping you and your family manage and cope with grief and loss.**

Please join us for a virtual presentation about coping with grief and loss through the holiday season. Explore the different types of loss including non-traditional such as disconnection from community, chronic illness, separation from family, etc. Learn about expected and unexpected feelings. Discover how to manage expectations (your own and other people's) and how to set healthy boundaries. Find out about ways to honour those lost, how to preserve traditions and how to make new ones. And, as always, learn about the resources in the community who are available for support. We are stronger together.

**Tuesday  
December 6, 2022  
6:30-7:30 p.m.**



Scan or click the code to register for this virtual event.



Fostering connections through education & understanding to increase inclusion.



**Regina Catholic Schools**  
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