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PASSAGES:

Navigating grief and loss



As a person's dementia progresses, it is common for family members to have feelings of grief and loss. Mixed emotions can arise because 'death' and loss can be present even when the person with dementia is still alive.

Join with us as we explore your journey together –looking at both the good memories and the challenging realities.

The workshop includes:

- *Supportive education and practical tips*
- *Guided conversations to help process your experience*
- *Coping strategies for stress and grief*
- *Memory-sharing activities*
- *Mindfulness and self-care techniques*
- *Ways to rebuild meaning and move forward*

A 10-week, small group workshop and support circle for family caregivers navigating advancing dementia

**TO LEARN MORE
OR REGISTER
CALL 646-744-2900**