



**LIVING WITH LOSS: Adults grieving the death of a loved one by substance use  
DATES & TOPICS 2019**

**When:** 3rd Wednesday of the month, 7:00 pm – 9:00 pm

**Where:** The Family Centre (65 Hanson Ave., Kitchener, Rm. 2011)

Date	Topic
January 16	How do I begin again?
February 20	Coping with Special Days
March 20	Am I grieving normally?
April 17	Healing Your Grieving Soul
May 15	What's in your bucket?
June 19	Secondary Losses
July 17	BREAK
August 21	BREAK
September 18	Changing Relationships
October 16	Creating a Wheel of Support
November 20	Uniqueness of My Grief
December 18	Coping with the Holidays

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