

Grief is personal and everyone's journey is different.



Be kind to yourself.

There's no right or wrong way to heal or feel.



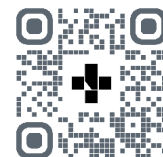
- Healing can happen in small steps. It's about progress, not perfection.
- It's okay to not feel okay.
- Grief isn't something to '*get over*'.
- Focusing on your well-being and seeking balance can help you move through grief one day at a time.

**Join our free “Understanding the Experience of Grief” class
on**

Monday, July 21 from 5:00 p.m. – 7:00 p.m.

at

**Richmond Road Diagnostic & Treatment Centre
(1820 Richmond Road SW, Calgary)**



To register:

- Scan the QR code
- Visit ahs.ca/ahlp
- Call 1-844-527-1150



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