

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 *Managing Grief Through the Holidays* class

at the Richmond Road Diagnostic & Treatment Centre

(1820 Richmond Road SW, Calgary)

on Monday, December 8, 5:00 - 7:00 p.m.



To register:

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



**Primary Care
Alberta**

Alberta Healthy Living
Program