

# GRIEF

and *Loss*

Tuesday  
December 10th  
6:00 - 7:30PM

LEARN THE MYTHS AND FACTS TO HELP YOU  
FIND SOLACE IN THE PAINFUL LOSS OF A  
CHILD, FAMILY MEMBER, AND FRIEND

Grief is a natural response to loss and there is nothing more painful. Grieving is a highly individual experience; there's no right or wrong way to grieve. In this session Ce Eshelman, LMFT will offer information about stages of grief to help understand and support oneself and others in the process.

This session can be helpful for those who lost a loved one — and for their supporters.



## CE ESHELMAN

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Register [here](#), or call 530.918.7222  
to sign-up over the phone.

No cost to participants.

