

NEW! Workshop:

Fee required

Pre-registration required

Contact Dayna at daynawellness@gmail.com to register

Resilient Grieving - Finding Meaning in Life After Loss

Julie Cryns is a Grief Counselor & Grief Educator, who brings her personal and professional experience to this workshop.

Having lost her husband at the age of 50, she had to move forward with her new life, in a new country, while managing her two young children.

In 2020, she decided to leave her teaching career and follow her heart to help people navigate their own journeys through loss and grief.

Julie's approach is a practical one, with a focus on giving her clients the "tools" they need to move forward in a life they never asked for.

This workshop will provide a safe space for you to share your questions and your struggles. Julie will offer some practical tools and strategies to help you move forward.

DATE: November 6, 2023

TIME: 3pm- 5pm

PRESENTER: Julie Cryns

FEE: \$53.00