

COPING WITH LOSS

MINDFULNESS AND MEDITATION FOR GRIEF AND LOSS

Join us and explore mindfulness and meditation to help support healing from grief and loss.



Date: May 23, 2024
Time: 1:30 - 3:00
Location: Merrickville
To Register: Call 613-269-3400 Ext. 286

For registration and information call 613-269-3400 ext. 286



Rideau Community
Health Services

Your Community Health Centre

RCCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.