



Spring 2025 Lunch & Learn: Free, Virtual Grief Education Workshops

Please join **Camden County Family Support Organization** and **Center for Family Services Grief & Traumatic Loss Services** for our 45-minute, free, virtual Grief Education Workshops. A licensed professional counselor will present educational material on grief-related topics each workshop and create time for questions and discussion.

Workshops begin at 12:00pm and end at 12:45pm

- Thursday, 4/10 – Grief Myths
- Thursday, 4/24 – Grief Reactions
- Thursday, 5/8 – Supporting Grievors
- Thursday, 5/22 – Coping with Grief: Window of Tolerance
- Thursday, 6/5 – Self-Compassion While Grieving
- Thursday, 6/19 – Mediators of Mourning

Workshops are free. Registration required:

https://linktr.ee/cfs_gtl

For more information or to register, please contact

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