

PUBLIC FORUMS

Grief & COVID-19

Presented by Sarah Putman
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Tuesday, March 30, 2021
6:30 - 8:00pm

REGISTER TODAY!

The COVID-19 pandemic has impacted our lives in many ways. During this time, you may be experiencing a range of emotions, such as feeling anxious, sad, depressed, angry or lonely. It may come as a surprise to realize that these responses may be grief which can affect people due to causes other than death. Join us as we explore grief in relation to the pandemic.

Topics we will explore include:

- *Understanding Grief*
- *Loss and Covid-19*
- *Strategies for Coping*
- *Helpful Resources*



All Public Forums are suitable for family & friends of individuals living with dementia.



NOW ONLINE ON ZOOM
Connection details will be e-mailed after registration.

CLICK HERE!



Société Alzheimer Society
NIAGARA REGION