



# Grief, Loss, and the Path to Healing

## Fort William First Nation

**Dates:** April 13<sup>th</sup>, April 20<sup>th</sup>, April 27<sup>th</sup>,  
May 4<sup>th</sup> and May 11<sup>th</sup>.

**Timing:** 9:00 am to 4:00 pm (Lunch and  
Snacks provided)

**Attendance draws at the end of each session**

Through guided discussions, reflective activities, and shared stories, participants will gain a deeper understanding of how grief affects themselves and others.

### Topics covered in this safe, interactive workshop include:

- Understanding the Brain and Traumatic Experiences
- How Loss Affects Oneself
- The Cycle of Grief
- Grief Awareness and Acceptance
- The Transformative Power of Grief
- Loss, and the Survival of the Spirit
- Collective Grief and Healing as a Community
- And more..



**Location:** Community  
Hall



**Registration required. Register with [healthreception@fwfn.com](mailto:healthreception@fwfn.com) or call 807-622-8802. 18+ FWFN Band members are welcome (on and off reserve)**

**sbegroup.ca**

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