



FAMILIES FIRST
is proud to present

Living
with
hospice

Winter 2018

An education series for volunteers, patients, families, caregivers, PSWs & health care professionals

Thursday, December, 5 2018

Navigating Your Grief This Holiday Season: 'What's in Your Stocking?'



Presented by: **Becky Ewen G.R.S.**

OTN Event #98627262

Webcast.otn.ca/myebcast?id=# #98627262

LEARNING OBJECTIVES:

1. Discussion on the triggers and expectation of the holidays-what boundaries with yourself, your time, energy and people do you need to be mindful over the holidays? What don't you want in your stocking?
2. Identify the influence of thoughts on emotions and behaviours and outlook on life.
3. Learn strategies for identifying, confronting, and controlling thoughts

DETAILS |

TIME:

Thursday Evening,
5:30 - 6:30 p.m.

LOCATION:

The Hospice of Windsor &
Essex County Auditorium
6038 Empress Street

A light meal will be served
at 5:00 p.m..

RSVP

to registrations@thehospice.ca

Access Live OTN Sessions and Archived Sessions through the direct URL. No username or password is required.

