



**Homenetmen Glendale Ararat Chapter
Programs Division**

presents

Loss and Grief

with

Armineh Gourgian, M.S.

Licensed Marriage & Family Therapist



**A Free Seminar
in Armenian**

June 10th, 2014

7:00 - 8:30pm @ Ararat Center

We all have experienced loss in our lives but the feelings
after a loss can be confusing

In this seminar you will learn the five stages of GRIEF

You will learn that loss happens throughout our lives without us being
aware of it

You will learn how to identify stages of grief

You will learn healthy ways of coping with various losses

DREAM

FUND

Free parking in rear, refreshments will be served