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.

Free parking in rear, refreshments will be served.