

West Custer County Library

presents

From Grief to Gratitude

A 5-week grief support program

Offered by the Central Colorado Area Agency on Aging
and Robin Olson, Certified Grief Coach & Counselor

Tuesdays

Sept. 23rd & 30th Oct. 7th, 14th & 21st

10am - 11am

Week 1: Permission to grieve

Week 2: Remember and honor through legacy

Week 3: Explore new rituals with old traditions

Week 4: Embrace new meaning and purpose

Week 5: Create your personal power plan

Registration Required!

Please call the library at 719-783-9183

Or Register @ www.westcusterlibrary.org Events Page

