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| Art Journalling for youth who have experienced lossFeeling alone? Don’t know where to turn?Whatever type of life transition or loss you’ve experienced, there is no right or wrong way to grieve. Join with us and your peers **In Person** to find ways to express and work through your feelings in creative ways to heal and improve your physical, mental, emotional, and social well-being.**Date/Time:** 8 Thursday evenings, 6:30 – 8:00pm October 6 ,13 & 27, November 3, 10 & 24, December 1 & 8, 2022**Facilitator:** Pattie Ann Pryma RN PhD PMATD Art Therapist **To Sign Up or for More Information Contact:**  Pattie Ann Pryma(403) 852-5267 or email ppryma@youcreate.cc**Sponsored by:** Solace Grief Support Society **Solace Grief Support Society www.solacegriefsupport.com****Society**   |

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| Solace Grief Support Society\_\_\_\_You don’t have to go through this alone\_\_\_\_No Art Experience Needed\_\_\_\_For Youth 13 – 17 yrs\_\_\_\_It’s Free!! |
| Place to meetSolace Grief Support Society Office in High River |

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