



THE WOULDAS, SHOULDA COULDAS OF GRIEF

Feelings of guilt and regret can be one of the most uncomfortable parts of grief. It is common for grieving individuals to focus on what they did not do, or regret doing, on their caregiving journey. Join us for a discussion about grief, guilt, and regret. In this workshop, we will learn about grief and why our minds often take us to these complex emotions, as well as tools to soften the “woulda, shoulda, couldas” of grief.

THURSDAY



AUGUST 8, 2024



6:00-7:30PM



4360 Cooper Road, Cincinnati OH, 45243

REGISTRATION IS REQUIRED



513-246-9208



BereavementReferral@TriHealth.com



**GOLDSTEIN FAMILY
GRIEF CENTER**

PROMOTING HEALING FOR LIFE AFTER LOSS