



## **Coping with Grief** **A Class in Health & Wellness**

Instructed by: Rick Pribbernow

In this class, you will learn:

- How to identify grief and cope with the loss of a loved one or loss of housing
- How grief and loss ripples through your community
- And how to support your family and friends during hard times

**Thursday, November 21st, 2019, 6:00-8:00pm**



**Location: Ken Schilaty Learning Center**  
**5908 Evergreen Way, Everett, WA 98203**

**Registration:** Advanced registration is required. Complete and return the registration form to **collegeofhope@housinghope.org** or register on our website **www.collegeofhope.org**

**Register by Friday, November 8th, 2019**

*If for any reason you are unable to attend this class please notify the College of Hope at 425-353-8112 by no later than 12 NOON the day of.*