



Grief & Loss - Online

A Class in Health & Wellness

Instructed by: Emitt Thrower

During this stressful time many of us are experiencing significant amounts of grief and loss. In this 3-night class you will learn about the different aspects of grief and loss:

- The Gone - Loss is a noun (a person, place or thing) that goes away and leaves a hole of emptiness in our hearts
- The Grief - Understanding feelings beyond explanation or imagination
- The Growth & Transition to living again - Discovering the new normal

By the end of this course, you should feel ready to start taking steps to move yourself forward.

Zoom Meetings - Wednesdays, December 2nd, 9th, and 16th, 3-5pm



*****Attendance is required on all 3 days in order to complete the course.*****

We ask that you log on to Canvas and read through the course content before the Zoom call begins at 3pm.

Register on Eventbrite by visiting our website www.collegeofhope.org

Registration closes at midnight on Tuesday, December 1st, 2020