



From the Depths of Grief and Loss: A Workshop of Understanding

Presented by Nancie Potter, JD, LMFT

As humans we all experience loss but we don't always recognize grief when it comes to us. Sometimes we don't understand how losses have been mounting up for us until we start asking questions like these:

- I am so sad every day. Is this normal? How will I know if it's turned into depression?
- No one in my life has recently died, so why do I feel like I'm grieving?
- How will I ever find my way through this sadness and confusion?

If you have asked yourself such questions, join us for insights, answers, and hope.



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When:

Saturday, April 18th, 2020

10am – 12pm

Where:

**The Northwest Catholic
Counseling Center**

8383 NE Sandy Blvd. Ste 205

Portland, OR 97220

Cost: \$30*

Register Online:

nwcounseling.org/services/workshops/

Or Call: (503) 253-0964

Pre-registration required. Workshop fee must be paid at time of registration.

**Hardship scholarships available upon request*