



# Grief and Loss

Are you struggling with  
grief and loss?

Are you concerned about a child or teen  
who is grieving?

Join us for a free informal evening with

**Lynn Gary**

**MFT**

**Thursday**

**May 10th from 6-8 p.m.**

**Caring Connections Center**

**13626 Twin Peaks Rd. Bldg. 300**

**Poway, CA 92064**

- ⇒ Did you know that we all grieve differently?
- ⇒ There is no “normal” timetable for grieving?
- ⇒ Have you or a loved one experienced shock, sadness, guilt, anger or fear?
- ⇒ Do you suffer from fatigue, nausea, weight loss or gain, lowered immunity, aches and pains or insomnia?

Learn about the stages of grief and how best to take care of yourself and your family.

Prior registration is required. Please call the Caring Connections Center at 858-668-4084 and leave your name and phone number to register.

Don't miss it!