

GRIEF SEMINAR



Nicole Marie, Certified Life Coach

If you would like to learn practical strategies to help you cope on your journey towards healing, please join me in this 2-hour grief seminar.

Are you feeling overwhelmed by grief or the loss of a loved one?

- Learn what “normal” grief looks like and how you respond to these emotions affects how you move forward in your journey towards healing.
- You will learn practical tools to help you to cope in healthy ways with your feelings and strong emotions.
- Connect with others who share the same challenges and can understand how you are feeling and what you are experiencing. You are not alone!

Saturday, June 12th or June 26th, 2021

11:00 a.m. - 1:00 p.m.

Cost: \$50 per person

*** Seating is limited - Registration is required. Please call/ text (908) 509-4772 or email: nicolemarie@throughthetears.com to register for this event in advance.**

Through the Tears Life Coaching at Benwell Natural Health
36 Midvale Road, Mountain Lakes, NJ
(*All seminars are held in our wellness center on the lower level. Entrance and parking is on Pollard Road.)



THROUGH THE TEARS LIFE COACHING

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