

# Navigating Through Grief and Loss

ONLINE SEMINAR

## Learn coping skills for grief

Discover ways to say goodbye and healthy steps to manage the five stages of grief.

Available under Online Seminars starting 2/17/22

WEBSITE: [www.myccaonline.com](http://www.myccaonline.com)

COMPANY CODE: CUNY



**WHATEVER YOU NEED, WE ARE HERE TO HELP.**

*Just call or log on to get started.*

TOLL FREE: 800-833-8707

FEBRUARY 2022



Always Available | Free | Confidential

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