



## **FINDING YOUR WAY THROUGH GRIEF** **living your life after loss**

We have all experienced the devastating effects of loss, and we try to handle it in our own way. The one thing that's the same is that we need to learn to cope with it so we can move forward with our lives.

The Cantor Center wants to help you work through your grieving process so that you can once again experience happiness.

## **YOU ARE INVITED TO JOIN**

Our new support group "Finding Your Way Through Grief", led by a skilled facilitator, where you can share your feelings, learn coping mechanisms, and be supported as you begin your healing journey.

### FOR MORE INFORMATION:

✉ [info@cantorcenter.com](mailto:info@cantorcenter.com)

☎ Vivian : (954) 900-2537



Starting January 9th

Tuesday's at 12:30pm-2:00pm at Cantor Center  
5000 N. Nob Hill Road, Sunrise, FL 33354