

Community Education Series 2024-25

Finding Strength in Change

How to navigate loss and life transitions & embrace new beginnings.

Join Jennifer Yasinowski from Caring Hearts for an evening on change, loss, and resilience. Together we will explore the emotional and psychological aspects of experiencing loss and navigating significant life transitions. We will discuss practical strategies for coping with grief, building resilience, and finding hope amidst change. By understanding the natural process of letting go and embracing new beginnings, participants will learn how to transform challenges into opportunities for personal growth and renewal. Join us to discover how to find strength in change and thrive through life's inevitable transitions.

Childcare offered onsite - please indicate need at time of registration.

December 4, 2024

6:30-8:00 p.m.

**Dr. Martin LeBoldus High School
Library**

2330 25 Ave, Regina, SK

Registration link:



**Regina
Catholic Schools**

