



# GRIEF JOURNEY: HEALING WITH CREATIVE ARTS

## Grief Workshops

HOSTED BY THE SAN ANTONIO EYE BANK

*Coping with the loss of a loved one may be one of the hardest challenges that many of us face. Loss is understood as a natural part of life, but we can still be overcome by shock, confusion and sadness. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain.*

*Our grief workshops were designed for cornea/eye donor families and are open to anyone who has experienced the death of a loved one.*

NO COST TO ATTEND  
- SPACE IS LIMITED!

CHILDCARE IS NOT  
AVAILABLE.

### MCALLEN

Date and Time: Saturday, March 25th, 2017 from 1 to 3 pm

Location: Meeting Room A, Room 111 at McAllen Public Library  
4001 N. 23rd Street, McAllen, TX 78504

RSVP by March 13th to: Flor Delgado at 956-254-6784 or [fdelgado@keralink.org](mailto:fdelgado@keralink.org)

### SAN ANTONIO

Date and Time: Saturday, June 17th, 2017 from 1 to 3 pm

Location: Meeting Room at Carver Branch Library  
3350 E. Commerce Street, San Antonio, TX 78220

RSVP by June 5th to: Simera Nichols at 210-424-0155 or [snichols@keralink.org](mailto:snichols@keralink.org)