

Navigating Through Loss: Grief Workshops

Hosted by



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.



McAllen

Saturday, March 30, 2019
1 to 3 pm
McAllen Public Library (Meeting Room A, 111)
4001 N. 23rd Street, McAllen, TX 78504

RSVP by March 22nd to: Flor Delgado
(956) 254-6784, fdelgado@keralink.org

San Antonio

Saturday, June 15, 2019
11am to 1pm
Westfall Library (Meeting Room)
6111 Rosedale Court, San Antonio, TX 78201

RSVP by June 7th to: Simera Nichols
(210) 424-0155, snichols@keralink.org