



Have you Filled Your Bucket Today?

Building a Self Care Box

Part 1 of the series:
Building your Grief Toolbelt

August 14th
from 1:30pm to 3:00pm.

Part 2 - **September 18th**

Part 3 - **October 16th**

Part 4 - **November 13th**

This workshop is free of charge.

Register at www.mypalcare.org/workshops

