

Free Online Supportive Session

PalCare invites you to attend **Grief During the Holidays**

The holiday season can be especially difficult when you are grieving. Whether your loss is recent or from years ago, you are welcome to join us for a free one-hour session offering support, understanding, and connection in a compassionate space.

Facilitated by:

Hannah Carlson, RP, MTA

Palliative Care Clinical Coach for North York South Simcoe

Wednesday, December 1, 2026

6:30 PM to 7:30 PM EST

Virtual via Zoom

Register at
<https://www.mypalcare.org/upcoming-education>



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