



Need Help Picking Up The Pieces Of The Last 2 Years?

MANAGING LOSS AND CHANGE IN THESE CHALLENGING TIMES

Denis O'Connor, Psychotherapist
will help you understand that no matter what your situation is in life, with some insight and understanding we all have the ability to make more positive choices

<https://www.eventbrite.com/e/managing-loss-and-change-in-these-challenging-times-tickets-217909151137>

**Join our FREE online ZOOM on
Tuesday 7 December 2021 at 10am**

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