



# HEALING THE HEART

*A Five week workshop focusing on loss and grief  
with an emphasis on skill building through  
interactive discussion and goal setting.*

This workshop will be co-led by Eileen Zimmerman LCSW, Municipal Agent for the Aging and Social Services for the Town of Easton and Marguerite McVay, who is an Easton resident and clinical Social Worker with many years of experience.

Topics to be discussed will include learning new coping skills, practicing self-care, dealing with family members and exploring and building social supports.

It is recommended that participants attend all five weeks, if possible, to take full advantage of this opportunity. There is NO fee for the workshop and light refreshments will be served.

The workshop starts Thursday, April 19<sup>th</sup> from 4 to 5:30 pm at the Easton Senior Center and will run five consecutive weeks ending May 17<sup>th</sup>.

Please call Eileen Zimmerman at 203-268-1137 to sign up in order to reserve your spot.