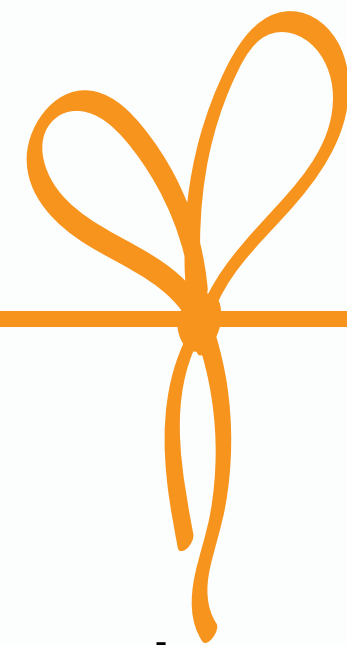


How to Stay Connected to a Loved One Who Has Died



In this 60-minute interactive workshop, grief coach and author Shelby Forsythia will guide parents and caregivers in using the five senses to honor loved ones who have died through music, food, movies, scents, and more.

Together, we'll explore simple, meaningful ways to weave sense-based traditions into the holidays and beyond, creating lasting connections for children, teens, and families.



Shelby Forsythia

**Grief Coach / Author /
Podcast Host**

**Learn practical, grounded
tools for navigating holiday
grief, making meaningful
memories with your family,
and ensuring your loved
one doesn't get lost in the
busyness of the season.**



**THURSDAY
DECEMBER 4**



6:00 - 7:30 PM



Glass City Pavilion
at Glass City Metropark
1001 Riverside Drive
Toledo, OH 43605

To register, scan below or visit

<https://ggnwoworkshop.eventbrite.com>

