

Coping with grief to be discussed at Lifetree

How to cope with grief will be explored this coming Wednesday (July 10) at Lifetree Café.

The program, entitled Coping with Grief: Find Your Path to Peace, will feature a filmed interview with Ken Doka, author of more than 20 books, including Grieving Beyond Gender: Understanding the Ways Men and Woman Mourn.

‘It’s a common misunderstanding that grief follows a fairly predictable pattern,’ Doka said. ‘But each of us has our own pathway; each of us takes our own journey as we grieve.’

The program will run from 7 until 8 p.m., and admission is free. Snacks and beverages will be available.

Lifetree Café is at 6025 Old Church Rd. in Caledon East, in the café space in St. James’ Church.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting. Questions about Lifetree may be directed to Bruce Neville at 416-579-9977 or Desiree Neville at 416-579-6748.