



## Exploring Grief and Loss

**November 20, 2016 & December 18, 2016**

**January 22, 2017 & February 19, 2017**

**11:30am (after adult study) In the BEC Library**

Join The Mindfulness Center's **Diana Chen, LCSW**, as you journey into a conversation that explores the way that loss and grief enter your life. Discover strategies to help you move through your loss and meet your daily challenges with love, grace and compassion.

All are welcome. The event is free.

*"What is the Noble Truth of Suffering? Birth is suffering; old age is suffering; sickness is suffering; death is suffering; sorrow, lamentation, pain, grief, and despair are suffering; to be together with what or those you hate is suffering; to be separated from what or those you love is suffering; not to obtain what you wish for is suffering..." – The Buddha's first teaching*

*The First Noble Truth What the Buddha expressed was a fundamental truth of our existence as human beings. We express this truth in our lives through emotions of grief and a sense of loss. How can we acknowledge this suffering? How do we move forward in our lives? How can a Buddhist perspective help us through our trying times?*

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