

# Grief & Resilience: Supporting Teen Moms

**Brand:** Heartbeat Academy  
**Product Code:** 1103

**Price: \$14.95**

## **Short Description**

In this workshop, we will discuss the universal nature of grief and how it manifests differently for each person. We will also explore the stages of grief, emphasizing that it's not a linear process but rather a complex journey.

Presented by Crystal Toombs

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