NOVA SCOTIA griefalliance SYMPOSIUM

MOBILIZING GRIEF - BUILDING NETWORKS OF CARE

Embodying Grief: Exploring the Connection Between Body Awareness, Movement, and Healing

Angie Penner

Primary Health Care Social Worker

As a Primary Health Care Social Worker, Angie is passionate about walking alongside people as they navigate grief, loss, change and healing. She believes in the power of being witnessed with compassion.

Grounded in a person-centred approach, she offers a safe and supportive space where people can feel seen, heard, and witnessed. Drawing on mindfulness practices, strengths-based approaches, and holistic care, she helps clients navigate challenges, build resilience and reconnect with their inner resources.

Angie has facilitated community grief groups and also meets with individuals in the primary care clinics that she supports.