

PEACE AFTER LOSS



Parental loss often shakes us more than we expect. It reverberates through our emotions, body, mind and spirit. Our Path to peace means addressing each of these four ways that grief manifests in our lives. These parts have insights to offer -- if we listen to them.

In a small supportive circle, we'll work with these four aspects – emotions, body, mind and spirit as we invite creativity to help us tap into their wisdom.

Join us for a day of honoring your journey through ritual, sharing, movement and writing, as we seek peace after the loss of a parent.

- Discover you are not alone
- Invite creativity to aide in your healing
- Explore grief's four pathways
- Learn to respect your own rhythms

Facilitators:

Stacey Hurst and Nancy Hill

Location: Clarus Center

28379 Davis Pkwy; Ste. 801, Warrenville

Date:

Sunday, July 19th 9:00 AM – 4:00 PM

Fee:

\$150. (Lunch Included)
\$75 deposit due July 10th

RSVP:

Stacey 312-543-2133
Nancy 630- 258-6273