



**Widowed Gathering  
“Finding Resilience When  
Dreams are Shattered”  
October 24, 2015**

**11:30 am to 4:00 pm**

**TULA Yoga  
99 Snelling Avenue North  
St. Paul, Minnesota**

Join us for a day of  
companionship and support.  
We will meet to renew, learn,  
and connect with other  
widowed people.



**Program Details**

- The event program is **“Finding Resiliency When Dreams are Shattered”**
- Facilitated by nationally recognized speaker and author, **Ted Bowman**.
- This is an experiential workshop with time for discussion and interaction with others.
- **The event is free.** Preregistration required. Refreshments served.
- **To reserve your place at the gathering visit our website**

**[www.griefproject.org](http://www.griefproject.org)**



**The Gathering**

- Small and intimate, personal touch, personal attention.
- Food, laughter, sharing and new friendships.
- Inspiring Speakers
- Organized by widowed men & women who are here to be a resource to you.
- Step out of your regular routine & relax with us.

**Our Mission: To companion the bereaved as they discover new life after loss and to share our common journey.**