



**Widowed Gathering
Journey to Healing &
Wholeness
September 15, 2018**

11:30 am to 4 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 **“Journey to Healing and Wholeness.” Use the Labyrinth to gain new insights and tools to help you on your grief journey.**
- The gathering is organized and led by widows who understand the journey and are here to be a resource to you.
- **The event is free**, although pre-registration is appreciated for planning.
- **To learn more & reserve your place at the gathering visit our website**

www.griefproject.org.



The Gathering

- Small and intimate, personal touch, personal attention.
- You will enjoy yummy refreshments, laughter, sharing and new friendships.
- Inspiring Speakers Interactive Program
- We are all widowed – “we get 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.