

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



## <u>"Approaching the Holidays with a Grieving Heart"</u>

This gathering will explore our loss and our journey especially in this holiday season. Special attention will be made to your individual story, hopes and dreams. Please bring a photo of your beloved.

• 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, however preregistration is appreciated for planning. Please email Kirsten at <u>kirsteng524@gmail.com</u> or Geralyn at <u>dgmmlevans09@yahoo.com</u> with your name and contact information please.

**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.

• You are invited to stay for lunch (each person pays) to continue the conversation.



\*NOTE NEW LOCATION The Grief Project Presents a Widowed Gathering

## November 23, 2019 8:45 am welcome, refreshments 9:00 am to 12:00 pm gathering

12:00 lunch \*each person orders off menu and will pay for their own lunch

## Davanni's

663 Winnetka Avenue N Golden Valley, Minnesota

## <u>"Approaching the Holidays with a</u> <u>Grieving Heart"</u>

Kirsten Goodwalt and Geralyn Nathe-Evans, who have experienced the loss of their beloved, will facilitate this day of sharing and learning from one another. We will be sharing our lives as we recognize our loss as well as tools to help us grieve well and love well. We will be creating a special holiday memento in honor of our beloved this day. We will share our stories, our loss and explore our journey with one another.



Our Mission: To companion the bereaved as they discover new life after loss and to share our common journey. To learn more visit our website <u>www.griefproject.org</u>