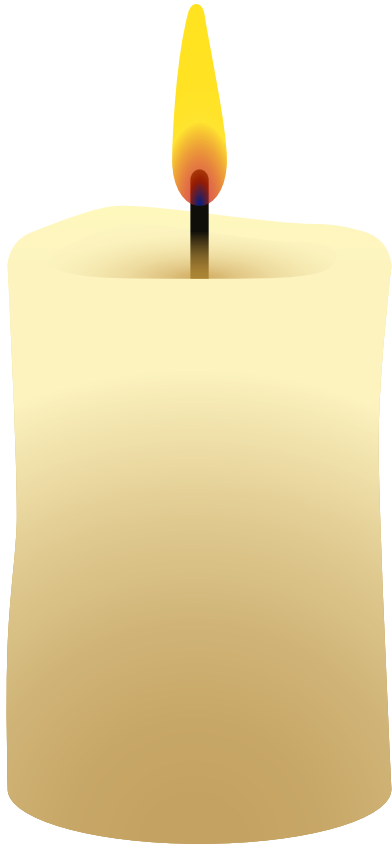


Healing Through Grief



Annual Elder Wisdom Offering

OCTOBER – NOVEMBER WITH
ONLINE SELF-CARE EVENT

NOON-1 PM MTN TIME | WEDNESDAY, NOVEMBER 2, 2022

Have you lost a loved one, a close friend, or an important colleague during the past year? During the months of October and November, we invite you to

- Honor the death of someone important to you by lighting a candle on our memorial page and writing a brief tribute. A tree will be planted in their honor and a certificate will be mailed to you.
- Join us on November 2nd for a memorial ritual and self-care program on grieving as a healing process. If you cannot join us at the time, registrants will receive information on accessing the recording later.

Is there a healthy grieving that can care for us and support us even in the midst of continuous losses as we age? We will approach the grieving process as an *essential* spiritual discipline—one that honors the complexity of our feelings, deepens the quality of our relationships, and brings healing to our lives.

Join us for a gentle, respectful time of remembering, compassion, and self-care.

Free | Donations gratefully accepted
Registration Deadline: October 31

For more information and
to register, please visit

www.restoringconnections.org



Restoring Connections

Transforming the world,
one relationship at a time