



**Widowed Gathering  
Journey to Healing &  
Wholeness  
April 23, 2016**

**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 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**, pre-registration required.
- **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
- Developed by widowed for 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.**