



## Autumn Widowed Gathering Musical Moments of Hope & Healing

October 15, 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.



**The Grief Project**

*offering hope, healing and companionship to the bereaved*

### Program Details

The event program is **being led by therapeutic harpist, Tami Briggs.**

You will learn how music can be a healing tool on your grief journey. Music can touch your life and your heart with tenderness, depth and healing.

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.**