



The Grief Project Presents a Widowed Gathering

March 30, 2019

8:45 am welcome

9:00 am to 12:30 pm gathering

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, "Exploring the Need to Grieve and Mourn; Helping Yourself Heal." This gathering will explore the Six Central Needs of Mourning. Special attention will be made to your individual plan for self-care.

- 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.

- **To learn more & reserve your place at the gathering visit our website**

www.griefproject.org



Presenter GERALYN NATHE-EVANS

"Exploring the Need to Grieve and Mourn; Helping Yourself Heal."

GERALYN has been educated as a Death and Grief Educator at the Center for Loss and Life Transition. Certified as a Lay Ecclesial Minister and Nurse preceded the journey to widow and is foundational. GERALYN has walked in life as a wife and mom, more recently as a widow herself.

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.