



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



### ***Program Details***

#### **“Grieving our Loss While Finding our Future”**

This gathering will explore our loss and our journey to live into the future. Special attention will be made to your individual plan, hopes and dreams.

- 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 [kirsteng524@gmail.com](mailto:kirsteng524@gmail.com) or GERALYN at [dgmmelevans09@yahoo.com](mailto:dgmmelevans09@yahoo.com) 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**

**October 19, 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

### **“Grieving our Loss While Finding our Future”**

*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 using Vision Boards as part of our day. Grief is the normal and natural reaction to a significant loss of our beloved. Our need to mourn can be honored as we seek to vision our future in a world without our beloved. Vision boards are a tool that can help us to name our feelings, reactions, questions, fears and hopes. 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

**[www.griefproject.org](http://www.griefproject.org)**