

UNDERSTANDING YOUR *Grief*

TOUCHSTONES
FOR HOPE
AND HEALING

We look forward to having you join us for this evening of hope and healing. Participants will be able to quietly reflect on their losses, learn about the six essential needs we all have when someone dies, and honor their own unique grief journey.

This compassionate program will be helpful to anyone who is experiencing grief in their lives. Do not miss this opportunity to learn from one of North America's leading grief counselors!

Among the content areas to be explored in this program are the following:

- Introduction to the Topic and a Broader Framework for Loss
- Understanding the Concept of "Touchstones"
- Dispel Misconceptions About Grief
- Embrace the Uniqueness of Your Grief
- Explore Your Feelings of Loss
- Understand the Six Needs of Mourning
- Recognize You Are Not Crazy
- Nurture Yourself
- Reach Out for Help
- Seek "Reconciliation," Not "Resolution"



DATE: April 18, 2023

TIME: 6:30 p.m. – 8:30 p.m.

ADDRESS:

First Presbyterian Church
531 S. College Avenue
Fort Collins 80524

RESERVATIONS:

<https://forms.gle/m3HVvAMy98gXPJA36>
Or scan QR code
Or email info@centerforloss.com



Dr. Alan Wolfelt has been recognized as one of North America's leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care. Dr. Wolfelt speaks on grief-related topics, offers trainings for caregivers, and has written many bestselling books and other resources on grief for both caregivers and grieving people.