

A Time to Grieve Intensive

Saturday, August 24, from 9-5pm

**Led by: Nora Balint, LPC-MHSP,
Gray Hernandez, and Cari Stone**

**THIS DAY-LONG INTENSIVE IS FOR ADULTS TO
PROCESS GRIEF AND HONOR LOSS THROUGH
EXPERIENTIAL ACTIVITIES.**

The day will include:

- Psychoeducational information about grief and grief work
- Group therapy focused on grief
- Ritual exercises to process grief and its impact
- Opportunity to build connections with others on journey of grief transformation
- A detailed Resource Guide for continued care

**COST IS \$300 AND LUNCH IS INCLUDED
FINANCIAL HARDSHIP IS AVAILABLE**

**TO REGISTER, GO TO
REFUGECENTER.ORG/GROUPS**



The Refuge Center
FOR COUNSELING

