



VOICES OF GRIEF
Support and Education Center

FALL 2023

GRIEF SUPPORT & EDUCATION GROUPS

UNDERSTANDING YOUR GRIEF

This eight-week support and education group offers compassionate, companioning support as we work through the book, *Understanding your Grief* by Dr. Alan Wolfelt.

TWO GROUP OPTIONS

- **Thursday evenings, October 19–December 14, 6–8pm**
Meeting at Skills Academy, 1575 Garden of the Gods Road, 80907
- **Monday afternoons, October 23–December 11, 1:30 –3:30 pm**
Meeting at First United Methodist Church, 420 N. Nevada Ave, 80903

Registration cost: \$80 (includes all group materials).

Registration Deadline: October 15.

FACING THE MOURNING

This six-week support and education group invites you to participate in activities that provide a meaningful framework to process your grief within a safe community for reflecting on your experience.

- **Tuesday evenings, November 7–December 12, 6-8 pm**
Meeting at Humana, 5310 N. Nevada Ave, 80918 (Costco Center)

Registration cost: \$60 (includes all group materials).

Registration Deadline: October 30.

For additional information or to register for any of these groups, please contact: Sarah Lee, group facilitator, 719-505-2257.

If finances are a challenge at this time, limited scholarships are available.

We bereaved are not alone.

We belong to the largest company in the world—the company of those who have known suffering.

Helen Keller, *We Bereaved*



voicesofgriefcenter.org

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Our Mission is to create supportive spaces to honor the natural process of grief and to educate our community in healthy expressions of grief and mourning.

Thanks to our community sponsors

