



VOICES OF GRIEF
Support and Education Center

SPRING 2024

GRIEF SUPPORT & EDUCATION GROUPS

UNDERSTANDING YOUR GRIEF

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

Registration: \$80 (includes all group material).

Mondays, March 11–April 29, 9–11am Register by March 4.

Meeting at Inn at Garden Plaza

2520 International Circle, Colorado Springs, CO 80910

Tuesdays, April 9–May 28, 6–8pm Register by April 2.

Meeting at the Community Library

218 E. Midland Ave., Woodland Park, CO 80863

Woodland Park Group

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.

Registration: \$60 (includes all group material).

Thursdays, April 25–May 30, 6–8pm Register by April 16.

Meeting at First United Methodist Church

420 N. Nevada Ave, Colorado Springs, CO 80903

If finances are a challenge, limited scholarships are available.

For information or to register, email: info@voicesofgriefcenter.org

or call Sarah Lee, 719.505.2257 (for Colorado Springs groups)

or Kathy Sparnins, 719.659.0447 (for Woodland Park group)

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

Our Vision 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

