



VOICES OF GRIEF
Support and Education Center

WINTER/SPRING 2025

GRIEF SUPPORT & EDUCATION GROUPS

Infant Loss Group

This 6-week group offered by Henry Heart Art Therapy and Voices of Grief, is a blend of support, grief education, and art therapy for parents who have lost an infant during pregnancy or shortly after birth.

Wednesdays, February 26 to April 2, 6:30 - 8:30pm

NEW DATES!

Cost: \$120 per couple. Registration deadline: February 19.

Cottonwood Center for the Arts 427 East Colorado Ave., Suite 219, Co. Springs 80903

Contact Susan Jacobsen at henryheartarttherapy.com



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.

Navigating Early Grief

This 4-week group is for those in the first four months of their loss journey.

Wednesdays, February 5 - February 26, 1:30 - 3:00pm

Cost: \$50. Registration deadline: January 29.

Silver Key Tri-Lakes (Grace Best Education Center) 66 Jefferson St., Monument 80132



Understanding Your Grief (Colorado Springs or Woodland Park)

These 8-week support and education groups offer compassionate, companioning support as we work through the book, *Understanding your Grief* by Dr. Alan Wolfelt.

Tuesdays, February 11 to April 1, 2 - 4pm

Cost: \$80. Registration deadline: February 4.

First United Methodist Church 420 N. Nevada Ave, Colorado Springs 80903

Mondays, February 17 to April 7, 1 - 3pm

Cost: \$80. Registration deadline: February 10.

Woodland Park Professional Building 400 W Midland Ave, Suite 160C, WP 80863

Contact Shellie Lasiter-Read at goodgriefcompanion@gmail.com or call 719-619-8591

Registration and Information

Email

info@voicesofgriefcenter.org

Call

Sarah Lee, 719.505.2257

Visit

voicesofgriefcenter.org

If finances are a challenge, limited scholarships are available.

Facing the Mourning

This 6-week support and education group invites you to participate in activities that provide a meaningful framework to process your grief within a safe community.

Thursdays, March 13 to April 20, 6 - 8pm

Cost: \$60. Registration deadline: March 6.

Colorado Palliative & Hospice Care 4775 Centennial Blvd, Ste 160, CS, 80919

Thanks to our community sponsors



Henry's Heart
Art Therapy

