



VOICES OF GRIEF  
Support and Education Center

SPRING 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.

**Registration cost: \$80** (includes all group material). Please register by April 4.

#### TWO GROUP OPTIONS

- **Tuesday mornings, April 11–May 30, 10 am–noon**  
Meeting at Humana, 5310 N. Nevada Ave, 80918 (Costco Center)
- **Wednesday evenings, April 12–May 31, 6–8pm**  
Meeting at First United Methodist Church, 420 N. Nevada Ave, 80903

### 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 cost: \$60** (includes all group material). Please register by March 22.

- **Tuesday evenings, March 28–May 2, 6-8pm,**  
Meeting at Aspen Trail Retirement Resort, 5455 New Car Dr, 80923

**If finances are a challenge at this time, limited scholarships are available. For information or to register, please contact one of our group facilitators:**  
Kathy Sparnins: 719-659-0447; kathy.sparnins@voicesofgriefcenter.org  
Sarah Lee: 719-505-2257; sarah.lee@voicesofgriefcenter.org

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](http://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*

