



January Bereavement Workshop

Vision Boards “Creating a Vision for the Future”

Friday, January 25, 2019 at 1:00 pm

Vision boards are valuable and simple tools that assist in creating a platform for experiences we want to draw into our lives. Pictures, images and words, or positive affirmations, can help to formulate new patterns of thinking by strengthening our focus on how we wish our future to unfold as we move along the bereavement journey. Visualization often helps to stimulate emotion...and emotion is a major factor for activating creativity.

We will find pictures in magazines, or you might want to bring your own, that represent or symbolize the experiences you wish to attract into your life. We will arrange them on our boards and watch as the magic unfolds. You will also want to post affirmations, inspirational words, quotations, and thoughts that support you in this time of healing. We cannot change the loss that we have experienced... but we can choose words and images that inspire us to find joy as we focus on our good and the future that lies ahead.

February Bereavement Workshop

Layers of the Heart “Our Love Story”

Friday, February 22, 2019 at 1:00 pm

In this heart-centered workshop we will be creating a representation of our personal love story by decoupageing layer after layer of our most precious memories into the form of the universal shape of love, the heart.



March Bereavement Workshop

The Art of Kinsuki

“Mending the Broken with Grace and Beauty”

Friday, March 22, 2019 at 1:00 pm

Symbolically, the broken pieces of pottery that we fit back together when creating Kinsuki represent our brokenness after the loss of a loved one. Our lives will never be the same or fit together as they once did. However, when we begin to put our lives back together many times we find an unexpected strength as we re-join and re-form our brokenness. And...many times we realize that our life experiences and history are what truly make us beautiful!

Please RSVP so that we will be sure to have plenty of materials. (775) 329-0900