



VOICES OF GRIEF
Support and Education Center

SPRING 2024 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: \$80 (includes all group material). Please register by March 4.

Monday mornings, March 11 – April 29 , 9–11am

Meeting at Inn at Garden Plaza

2520 International Circle, Colorado Springs, CO 80910

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). Please register by April 11.

Thursday evenings, April 25 - May 30, 6–8pm

Meeting at First United Methodist Church

420 N. Nevada Ave, Colorado Springs, CO 80903

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

*For information or to register, please contact Sarah Lee—
call: 719-505-2257 or email: info@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

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



THE INN AT
GARDEN PLAZA

