



Facing the Mourning

A supportive group this fall for those navigating their grief journey.

We know that losing a loved one is a complicated and painful experience. You don't have to navigate the grief alone.

Join Voices of Grief, a program of Pikes Peak Hospice & Palliative Care, and Community of Caring for **Facing the Mourning**—a six-week closed group that uses the workbook developed by the Heartlight Center in Denver. The group is invited to engage with weekly practices to facilitate mourning – the outward expression of our grief. Topics include goal setting, creating a memorial, journaling, and letter writing.

October 14th - November 18th

Wednesday Mornings
10:00am - noon

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



Registration Required
Please sign up using
the QR code below, or
by visiting
[PikesPeakHospice.org/
Adult-Support](https://PikesPeakHospice.org/Adult-Support)



VOICES OF GRIEF

