

Upcoming Events

Webinars

Grieve Well: Understanding Grief Workshop

Did you know that there are healthy ways to grieve? The first step is to understand this painful but important part of life.

During this presentation, you will learn about grief and the effects it has on one's physical and emotional health. You will receive information and resources to help you move through your grief journey in a way that leads toward healing.

- Monday, **September 22**, 7:00 pm EST
- Monday, **October 20**, 7:00 pm EST
- Monday, **November 17**, 7:00 pm EST

Grieve Well During the Holidays

The holidays can be a painful time for those who are grieving the loss – recent or past – of a loved one. Join us for this interactive, one-hour, workshop to learn about grief and helpful tips for navigating grief during the holidays. As part of the workshop you will also make a written plan for managing grief during this challenging time of year.

- Monday, **December 1**, 7 pm EST

Register for all of our events at:
<https://grievewell.com/calendar>

Workshops

Creative Healing and Self-Care

GrieveWell is pleased to offer unique sessions that will explore ways to build connection and bring healing to participants. Registration and more information will be posted online at **grievewell.com/calendar**. Please email info@grievewell.com if you have any questions.

Grief Centered Yoga Practice

- Sunday, **September 14**, 10 am EST (*Lena*)

Exploring our grief through art with Kathleen Buday

- Monday, **September 15**, 6:30 pm EST
- Wednesday, **November 12**, 6:30 pm EST

Exploring our grief through movement with Dominique Abed

- Tuesday, **September 30**, 6:30 pm EST
- Saturday, **December 13**, 10 am EST

Exploring our grief through music with Mel Clark

- Thursday, **October 9**, 7 pm EST
- Thursday, **December 18**, 7 pm EST

Exploring our grief through poetry with Kyunghee Kim

- Thursday, **October 30**, 7 pm EST

GrieveWell's one-to-one peer support - grievewell.com/services/peer-support

If you are grieving the loss of a loved one, a GrieveWell Peer Counselor can provide hope and support as you learn to live again. **Accepting new clients age 18+ living in Michigan** who have lost a loved one (infant, child, spouse/partner, sibling, parent, or other family members). A GrieveWell Peer Counselor can:

- Meet with you for one hour, each week, for up to 12 months
- Offer compassionate listening and a beacon of hope
- Provide support at no cost