

# 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, **February 9**, 7 pm EST (*online only*)
- Monday, **March 9**, 7 pm EST (*online only*)
- Monday, **April 20**, 7 pm EST (*online only*)

## Save the Date!

**GrieveWell's Kite Festival will be back on Saturday, June 20, 2026!**

**More information to come.**

**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\*\*](http://grievewell.com/calendar). Please email [\*\*info@grievewell.com\*\*](mailto:info@grievewell.com) if you have any questions.

#### Exploring our grief through art with Kathleen

- Wednesday, **February 11**, 6:30 pm EST
- Thursday, **May 7**, 6:30 pm EST

#### Grief Centered Yoga Practice

- Sunday, **February 15**, 10 am EST (**Lena**)
- Thursday, **March 12**, 6:30 pm EST (**Debbie**)
- Sunday, **March 22**, 10 am EST (**Lena**)
- Thursday, **April 9**, 6:30 pm EST (**Monica**)
- Thursday, **June 18**, 6:30 pm EST (**Monica**)

#### Exploring our grief through music with Mel

- Tuesday, **April 14**, 7 pm EST

**Threads of Connection –  
A special community workshop**

**In-person only on Sunday,  
February 22, 2 - 4 pm EST  
at Crazy Wisdom**

### **GrieveWell's one-to-one peer support - [grievewell.com/services/peer-support](http://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