



**VOICES OF GRIEF**  
Support and Education Center



**FALL 2024**

**GRIEF SUPPORT & EDUCATION GROUPS**



### Understanding Your Grief

This 8-week support and education group offers compassionate, companioning support as we work through the book, *Understanding your Grief* by Dr. Alan Wolfelt.

**Thursdays, October 10 to December 5, 6 - 8pm**

**First United Methodist Church** 420 N. Nevada Ave, Co. Springs, 80903

Registration deadline: October 3, Cost: \$80

### Our Mission is to

create supportive spaces to honor the natural process of grief and to educate our community in healthy expressions of grief and mourning.

### Facing the Mourning

This 6-week support and education group invites you to participate in activities that provide a meaningful framework to process your grief within a safe community.

**Wednesdays, October 16 to November 20, 10am - noon**

**The Inn at Garden Plaza** 2520 International Circle, Co. Springs, 80910

Registration deadline: October 9, Cost \$60



### Navigating Early Grief

This 4-week group is for those in the first six months of their loss journey.

**Wednesdays, October 30 to November 20, 6 - 7:30pm**

**Colorado Palliative & Hospice Care** 4775 Centennial Blvd, Ste 160, CS, 80919

Registration deadline: October 23, Cost: \$40

### Registration and Information

#### Email

[info@voicesofgriefcenter.org](mailto:info@voicesofgriefcenter.org)

#### Call

Sarah Lee, 719.505.2257

#### Visit

[voicesofgriefcenter.org](http://voicesofgriefcenter.org)

If finances are a challenge, limited scholarships are available.

### Gone too Soon | *grieving a substance use loss*

This 8-week group is for those who have lost someone due to drugs or alcohol, including addiction or accidental overdoses.

**Mondays, October 14 to December 2, 2 - 4pm**

**Serenity Recovery Connection**, 985 W. Fillmore St., Co. Springs, 80907

Registration deadline: October 7, Cost: \$80

Interested in attending a grief group in Woodland Park?

Please contact Shellie Lasiter-Read for more information.

Call 719.619.8591 Email [goodgriefcompanion@gmail.com](mailto:goodgriefcompanion@gmail.com)

Thanks to our community sponsors

