



Adult Grief Retreat on The Farm

Saturday, October 1, 2022 8:30 a.m. - 12:00 p.m.

The Smith Family Farm- Collegeville, PA

Investment: \$75 per person (*Rain Date Sunday 10/2/22*)

We invite you to our 1st Annual Adult Grief Retreat to spend time *on the farm* in the company of others, as you reflect on your grief experience through creative expression, movement and memorable connection.

Retreat Overview

Welcome/Check In

Explore the Farm

Movement/Meditation

Introductions & Refreshments

Opening Remarks

Guided Expressive Art

Meaning Making

Messages & Memories

Candle Memorial

Restore

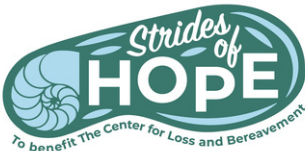
Reflect



Connect

Remember

For more information, please contact Ashley Herr
at 610-222-4110 ext. 123 or amh@bereavementcenter.org



Join us at our upcoming 5k fundraiser on
Saturday, November 5th, 2022
Heebner Park, Collegeville