



**The Center for Loss and Bereavement is
bringing an adult support group option
to a new setting!**

Grief *at the Farm* **Wellness**

The healing qualities of “farm life”, day by day, year by year, being surrounded by animals, nature and the cycle of life....are medicine for the soul! They invade one’s being in ways that are indescribable!

Engage with the healing qualities of nature

Re-establish meaning

Invest in life again

Smith Farmstead

Collegeville, PA

Three Thursdays, 6-7:30pm

Sept. 12th, 19th, 26th





The Center *for*
Loss and Bereavement

This program is for a small group of no more than 12 adults who have experienced a significant loss.

Unlike therapy or discussion-centered support groups, each week will offer a different activity or modality to explore which may awaken inward personal reflections and expressions of grief while also providing opportunities for connection to others. Join as Center facilitators share expressive coping outlets which can be incorporated into everyday life.

Activities will be outside as much as possible, with use of the barn and other indoor space if needed. Dress for drizzle and warmth.

Cost is \$45. Preregistration required. Call 610-222-4110 to register or link to our form -



September 12: Healing Walkabout - The farm's owner, Christine, will briefly share about healing qualities of farm life, then Farmer Ed and Center facilitator/therapist and outdoor enthusiast, Brian, will lead a sensory exploration of the animals and the land. Come connect with nature! Comfortable shoes recommended.

September 19: Grounding and Breath - The serenity of the farm offers the rare opportunity to slow down our breathing, racing thoughts, and actions to learn to be truly present and grounded in a moment. Brian will help us explore rituals and meditation exercises which may help the processing of feelings and behaviors linked to loss, grief, and healing amid the natural landscape. Bring a blanket, mat, or light-weight chair/stool.

September 26: Twilight Canvas - As the sun sets, we will take in twilight views on the farm, reflecting on our personal experiences with grief, healing, and hope. One of our therapists, Ashley, using a guided expressive art activity, will share the benefits of bilateral stimulation to reflect inner thoughts and feelings using color and movement (absolutely no artistic experience necessary!)