



The Center for Loss and Bereavement is  
announcing our Spring 2025 adult group  
option of

# 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

Six Thursdays, 6-7:30pm

May 1, 8, 15, 22, 29, June 5





## 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, such as meditation, movement therapy, gardening, journaling, and walking.

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

Cost is \$100. Preregistration required. Call 610-222-4110 to register or link to our form -

