



**The Center for Loss and Bereavement
periodically offers a unique support group:**

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

Six Thursdays 6–7:30 pm

September 4, 11, 18, 25,

October 2, 9

Cost: \$100





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, yoga, journaling, aromatherapy through candle making, 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 -





The Center *for*
Loss and Bereavement

Weekly Meeting Topics

Thursday, May 1: Healing Farm Walkabout- The farm's owner, Christine, will briefly welcome us to embrace the healing qualities of farm life. Then Farmer Ed and Center facilitator/therapist and outdoor enthusiast, Brian, will lead a sensory exploration of the land and the animals. Come connect with nature! *Comfortable shoes recommended*

Thursday May 8: Expression through Movement- Sometimes it can be challenging to articulate our experiences using words. Movement, our first language, offers a safe modality for release, self-expression, healing, and personal growth. Lifetime dancer and Center therapist, Hannah, will lead us in a body scan, then challenge us to uncover movement inspiration from around the farm. As a group, some simple mirroring activities may help illuminate, nurture, and validate our grief to one another. Absolutely no dance necessary.

Thursday, May 15: Active Meditation- Brian returns to share about meditation and introduce a few techniques. We will create personal Cairns using rocks and items of nature to place along a labyrinth, created in one of the farm fields. Walking the path is a form of active meditation, where each sets their own intention, whether stress reduction, growth, problem solving, or release.

Thursday, May 22: Grounding through Gardening - When Ashley isn't seeing clients at the Center, she can be found at home, playing in the dirt!. She will serve as facilitator for a hands-on gardening experience that will allow connection with your grief and experience emotional grounding. Please note that you are encouraged to dig in and get your hands dirty. If preferred, bring a pair of gloves.

Thursday, May 29: Breath and Gentle Yoga - Slow down and open yourself to healing by connecting breath with gentle yoga poses, using a mat or chair.. By observing breath and body sensations, this practice invites thoughts and feelings to surface, offering a pathway through the body to the mind and present moment. Our yogi, Suzanne, will guide this exploration where previous yoga experience is not needed.

Thursday, June 5: Reflection through Writing - Not everyone is an author, a poet, or lyricist. However, many have found that writing thoughts, memories, or simply scribbling can be another modality for coping with change and loss. Christine will once again join us to share about her experience putting pen to paper. We will offer a few prompts for those wanting to explore. Ever heard of Six Word Stories?? We may even "compose" something together as a conclusion to our 6-week experience on the farm.