



Nurturing the Grieving Self



A Day of Wellness & Community Connections

WHO IS THIS FOR?

Anyone who is 6 years and older who has experienced the death of someone close or supported someone who is grieving

WHAT IS IT?

A morning of activities, educational workshops and community connections for kids, teens, young adults and adults

Date: Saturday, February 22, 2025

Time: 8:30 AM- 1:00 PM

Location: Brielle Elementary School
605 Union Lane, Brielle, NJ 08730

Free of charge. Breakfast and Lunch will be provided



Pre-Registration is Required.
Please use the QR code to register



Deadline for Registration:
Saturday, February 15th, 2025

For questions, please call 732-606-7477

WORKSHOPS OFFERED:



Mental Health
Connection Between
Mood and Food



Yoga for kids



Mindful Meditation for
Emotional Well-Being



Reiki



Medium



What's In Your Grief
Closet?



Grieving teen panel &
Grieving adult panel



Creative arts and
physical activities for
kids

Discover new approaches to healing

