

Wholehearted Grief

An Experiential Workshop for Healing and Connection



Join us for a supportive and experiential grief workshop designed for anyone navigating death loss. Together, we'll slow down and explore our inner world through guided activities, creative expression, gentle movement, and reflective sharing. Drawing on the wisdom of experts such as Brené Brown and Ted Wiard, this workshop invites you to discover what real support feels like, honor your emotions, and connect with a compassionate community. No prior therapy or group experience is needed—just bring your openness, curiosity, and, if you wish, a meaningful object for our shared grief altar. Refreshments provided.

2-Part Workshop:

Meeting on September 6 and 13

10:00 AM - 12:00 PM

Daniels Family Funerals- Carlisle
3113 Carlisle Blvd NE
Albuquerque, NM 87110

Cost: \$75

Learning materials and refreshments included

Register:

Visit heartlightcenter.org/events

Scan QR Code



or Contact HeartLight Center
info@heartlightcenter.org
720-748-9908

FACILITATED BY KAYTEA HENDRICKS, MA, LPCC



HeartLight



Website

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In partnership with
Kaytea Hendricks and

Daniels Family

Funerals & Cremation
Healing Begins Here
Carlisle Chapel

HeartLight
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