



Community Grief Circle

February 12th, 6-8 pm

Warner Physical Therapy

364 East Ave

Oswego, NY 13126

Life is filled with so much beauty and so much pain, sadly none of us are immune to grief...and it affects each one of us.

We experience grief in our lives for many reasons, loss of a loved one, loss of a pet, loss of physical ability/health, change in relationship status, anticipatory grief, expectations of life falling short and so much more.

I believe grieving in community is an integral part of our healing. Being witnessed, as well as witnessing others and ourselves, is crucial in helping our grief move through us in a way that serves us.

In this circle we will be journaling, meditating, sharing/witnessing (if you desire), and we will have a releasing ceremony.

This is a Free Event, please bring your journal. All are welcome

Please email or text Amy to confirm attendance by 2/10/24,
as well as with any questions.