



Living with Grief

Grief is an emotional response to a profound life change. This can happen for many reasons such as when we lose a loved one, experience a job loss, have a falling out with a good friend or find ourselves isolated from community. When acknowledged, grief can be used as a bridge to honor your past while transforming your future.

Participants will gather in a small group setting to express and understand feelings of loss, guilt, sadness, relief and hope. The group facilitator will provide guidance on reconnecting with self, family, friends & community and how to learn to live fully with grief. Body movement, such as QiGong, will be used as a tool for actively moving the energy of grief and heaviness out of the body.

📍 2115 6th Street Sacramento 95818

10:30am 2nd & 4th Tuesday of each month
Beginning January 14

FREE but registration is required.
Scan the QR code to register.



Facilitator:
Julie
Interrante,
MA

or call the Hart Senior Center
at (916)-808-5462