



CREATIVE JOURNEY

from grief to joy

LED BY:

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One common denominator in being human is that we experience the deaths of our loved ones. How can grief and loss illuminate our hearts and deepen human connection?

In this one-day workshop, you will be invited to move from grief toward joy using creative practices. We will offer incremental ways to release the weight of sadness after a loved one's passing and find balance into a new way of being. In community, we'll learn how we can appreciate and accept simple joys and receive new wisdoms that emerge from our losses.

What to Expect

- A gentle, supportive space to honor grief without pressure.
- Creative practices to process loss.
- Quiet reflection for personal insight and healing.
- Simple tools to begin releasing sadness.
- Community connection with others who understand loss.

SATURDAY

Sept 26, 2026

9:00 AM - 3:00 PM

\$75 Per Person / Lunch Included

REGISTER
ONLINE



Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

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