

UNWRAP YOURSELF:

Release the layers of grief and loss

HOSTED BY: GRACE THOMPSON
HOSPICE CHAPLAIN AND GRIEF SPECIALIST

Have you ever suppressed your feelings of personal loss – of a loved one, a relationship, a job, or any other situation of change that seems insurmountable?

Neuroscience shows us that failing to deal with loss or grief can negatively affect lifelong physical and mental health. Too often, we put off –or put away –those feelings of loss or hurt, which can combine to wrap us up and restrict our ability to feel joy.

Join us for a day of teaching, reflection, sharing, creative paint expression art experience, and personal liberation from heartache – using tools Jesus gave us through the Holy Spirit, to emerge in peace. Learn to unwrap yourself from layers of unresolved loss or grief through the example of Jesus, who in his own journey brought Lazarus back to life and unwrapped or unbound him.

SATURDAY
March 6, 2027
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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