

Creative Arts Gatherings

Healing the Grieving Heart

Caring for the Grieving Heart

Saturday, September 15, 1:00 to 4:00 pm.

Losing someone we love can wound us, break us, tear us apart. Attending to this brokenness asks us to care for ourselves deeply, perhaps in unfamiliar ways. We will explore the multi-dimensional aspect of self-care, including the physical, emotional, spiritual, creative, intellectual, and interpersonal, to create models which include all or some of these dimensions into our lives.

The Circular Nature of Grief

Saturday, October 20 1:00 to 4:00 p.m.

Many experience the emotional impacts of grief in a circular or spiraling fashion. The intensity of emotions ebb and flow, the phases of healing come and go. Many of us feel as if we are right back where we were before when this happens. It is more likely that we are on familiar ground but in a different place. Through the creation of a wreath or spiral, we will examine this process and how best to harvest what it offers.

Redefining the Holidays

Saturday, November 17, 1:00 to 4:00 p.m.

When you are grieving, holidays are often difficult to navigate. Cultural expectations of happiness can leave those in grief feeling at odds with their surroundings and experience. We will explore broadening the definitions of and responses towards the holidays to find a more comfortable and nurturing way through them.

This workshop is offered as part of our annual Light Up a Life season

Ritual and Release

Saturday, December 15, 1:00 to 4:00 p.m.

In the work of loss and healing, ritual offers acknowledgement, release, and care of our broken heartedness. The ritual of welcoming light back into the darkest season of the year can also serve to summon light back into our darkest moments of grief. We will offer a simple ritual as well as create a symbol of this type of healing.

This workshop is offered as part of our annual Light Up a Life season



This open group meets one Saturday of each month at Hospice of Humboldt, 3327 Timber Fall Court in Eureka.

With an emphasis on natural elements and a trust in the healing quality of art, symbolic expression, and community, we invite you to embark on a healing art journey. No artistic experience is necessary. Donations to offset the cost of materials are appreciated.

For more information, or to register, please call Gretchen or Julie D. at 267-9801.