

Creative Arts Gatherings

Healing the Grieving Heart

The Craft of Envisioning

Saturday, January 18, 1:00 to 4:00 p.m.

Pausing to consider what we most hope for, how we wish to spend our days, or what small steps we need to take toward a larger goal as we navigate through grief can help in making these hopes come true. We will give time and space to identify and then more fully define and develop our own unique visions of healing through grief.

Arriving and Departing in the Work of Grief

Saturday, February 22, 1:00 to 4:00 p.m.

Grief is difficult, heart wrenching work. Learning how to pace one's journey through grief, to arrive into its company, and then depart again, is a valuable tool. Like any intense activity or experience, the time away and between is as important as the time immersed in the center of the storm. We will have the opportunity to explore this idea and consider ways to practice it.

Searching for Grace in the Company of Grief

Saturday, March 21, 1:00 to 4:00 p.m.

Grace is an elusive term, meaning different things to different people. In grief, grace may be granting oneself permission to feel how you feel, it may be self-forgiveness, it may be a letting go of judgement or an epiphany of completion or surrender. Whatever your definition, we will have the opportunity to invite this essence into our work to more easily lean into its comfort and wisdom.

Stumbling Blocks in the Path Towards Healing

Saturday, April 18, 1:00 to 4:00 p.m.

Many things can get in the way of healing grief. A lack of time or space, an urging from others to "get over it," our own need to distract ourselves from the pain of loss through whatever means we have... and more. Noticing what blocks our path offers room to reconsider our route through grief. Once noticed, we have the option to address whatever might be hindering our journey and consider different ways forward.



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.

Space is limited. Please register in advance to secure your spot by calling 707-267-9801.