



## THE GRIEF JOURNEY RETREAT

*A Safe, Caring, and Nurturing Weekend Designed to Transform Your Grief*

**Date:** Fri June 27-Sun June 29

**Led by:** Anna Racine

**Cost:** \$350

Grief is a profound experience and a very personal journey. Our grief experience is as unique as we are.

Whether you are currently grieving or have experienced a loss some time ago and have not had the opportunity to grieve, this Retreat will provide insight, hope and support as you journey through the painful times of grief and loss in your life.

The Grief Journey is for those who have experienced loss through death, separation/divorce, loss of a relationship or who are going through a life transition.

This Retreat will provide a supportive space to examine your loss and to explore how to navigate through the grief. You will be guided with tools that will enable you to move forward with the healing process.

*"Grief must be witnessed to heal."*

Presenter bio at [www.annaracine.org](http://www.annaracine.org)



Register at 905 356 4113 x4200

**OR** [reservations@carmelniagara.com](mailto:reservations@carmelniagara.com)



## THE GRIEF JOURNEY RETREAT

*A Safe, Caring, and Nurturing Weekend Designed to Transform Your Grief*

**Date:** Fri June 27-Sun June 29

**Led by:** Anna Racine

**Cost:** \$350

Grief is a profound experience and a very personal journey. Our grief experience is as unique as we are.

Whether you are currently grieving or have experienced a loss some time ago and have not had the opportunity to grieve, this Retreat will provide insight, hope and support as you journey through the painful times of grief and loss in your life.

The Grief Journey is for those who have experienced loss through death, separation/divorce, loss of a relationship or who are going through a life transition.

This Retreat will provide a supportive space to examine your loss and to explore how to navigate through the grief. You will be guided with tools that will enable you to move forward with the healing process.

*"Grief must be witnessed to heal."*

Presenter bio at [www.annaracine.org](http://www.annaracine.org)



Register at 905 356 4113 x4200

**OR** [reservations@carmelniagara.com](mailto:reservations@carmelniagara.com)



## THE GRIEF JOURNEY RETREAT

*A Safe, Caring, and Nurturing Weekend Designed to Transform Your Grief*

**Date:** Fri June 27-Sun June 29

**Led by:** Anna Racine

**Cost:** \$350

Grief is a profound experience and a very personal journey. Our grief experience is as unique as we are.

Whether you are currently grieving or have experienced a loss some time ago and have not had the opportunity to grieve, this Retreat will provide insight, hope and support as you journey through the painful times of grief and loss in your life.

The Grief Journey is for those who have experienced loss through death, separation/divorce, loss of a relationship or who are going through a life transition.

This Retreat will provide a supportive space to examine your loss and to explore how to navigate through the grief. You will be guided with tools that will enable you to move forward with the healing process.

*"Grief must be witnessed to heal."*

Presenter bio at [www.annaracine.org](http://www.annaracine.org)



Register at 905 356 4113 x4200

**OR** [reservations@carmelniagara.com](mailto:reservations@carmelniagara.com)