



Adult Grief Retreat on The Farm

Saturday, June 3, 2023 9:00 a.m. - 3:30 p.m.

The Smith Family Farm- Collegeville, PA

We welcome you to our *Adult Grief Retreat!*

Here, you will spend time *on the farm* in the company of others, as you reflect on your grief experience through creative expression, movement and memorable connection.

Investment: \$125

Tentative Itinerary

- Check In/Explore the Farm
- Refreshments/Introductions
- Movement & Stretching
- Building Connections
- Guided Meditation
- Journaling & Photography
- Lunch (provided)
- Expressive Art & Discussion
- Building Coping Skills
- Memories & Honoring Loved Ones

Restore Connect Reflect Remember

For more information, please contact Ashley Herr at 610-22-4110 ext. 123