

Building My Toolbox

A Grief Workshop

Taking Gentle Steps Toward Healing & Hope

Grief touches each of us in deeply personal ways, and there is no single path or timeline for healing. Our Grief Workshop is a focused and immersive experience designed to meet you exactly where you are in your journey—whether the loss is recent or years have passed. There is no deadline for grief, and every story, every heart, every step matters.

Together, we will gently explore the unique grief we carry from the loss of a loved one. In a safe, supportive, and nonjudgmental space, we will begin the meaningful work of holding that grief with care—while exploring ways to meet that grief.

Hosted on five peaceful and picturesque acres, this day offers a nurturing environment where nature, quiet reflection, and compassionate connection come together. Through a thoughtful blend of guided activities, personal reflection, and small group discussions, participants will add to their "Toolboxes"—gaining practical tools and insights to help face, address, and tend to grief with intention and grace.

You will walk away with:

- Strategies to support emotional well-being and self-care
- Tools for navigating the next six months—and beyond
- A deeper sense of connection with others who understand
- A renewed relationship with your own grief journey

You are welcome here. Your grief is valid. And in this shared space, healing becomes just a little more possible—with kindness, community, and courage.

WHEN

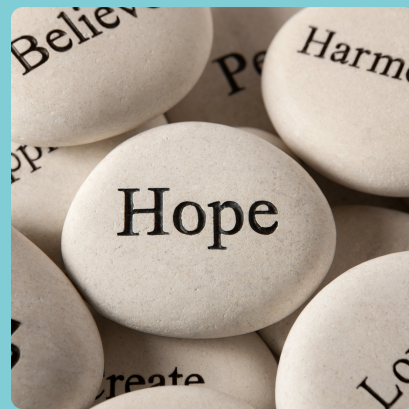
SATURDAY,
OCTOBER 18, 2025

9:00 AM—3:00 PM

LUNCH INCLUDED

WHERE

PARAGON SERVICE DOGS
14737 COUNTY RD 3
LONGMONT, CO 80504



REGISTRATION INFORMATION

JOIN US:
NO COST TO ATTEND

REGISTER BY:
OCTOBER 10, 2025

SPACE IS LIMITED

REGISTER AT:
**[goodtalkcounseling.org/
workshops](https://goodtalkcounseling.org/workshops)**



FOR MORE
INFO CONTACT:
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