

Save the Date!

SATURDAY • APRIL 11, 2020 • 9AM-12PM



H.E.A.L.I.N.G.

Helping Everyone Accept Loss Instead of Neglecting Grief

A Taste of Healing

APRIL 11, 2020 • 9AM-12PM

TO BE HELD AT 425R WATERTOWN ST, NEWTON MA 02458

An Open House inviting people of all ages and families to come explore, learn and try many different ways to **manage grief and loss**:

- Yoga
- Acupuncture
- Music
- Meditation
- Expressive Therapies
- Therapy Dogs
- Reading and Journaling
- Running and Exercise
- Energy Tapping
- More Traditional Group and Individual Counseling

Free and Open to the Public

No RSVP necessary. Interested parties can arrive at any time between 9am–12pm.

Ken Barringer M.A., LMHC • KBarringer@healingforgriefandloss.com
healingforgriefandloss.com