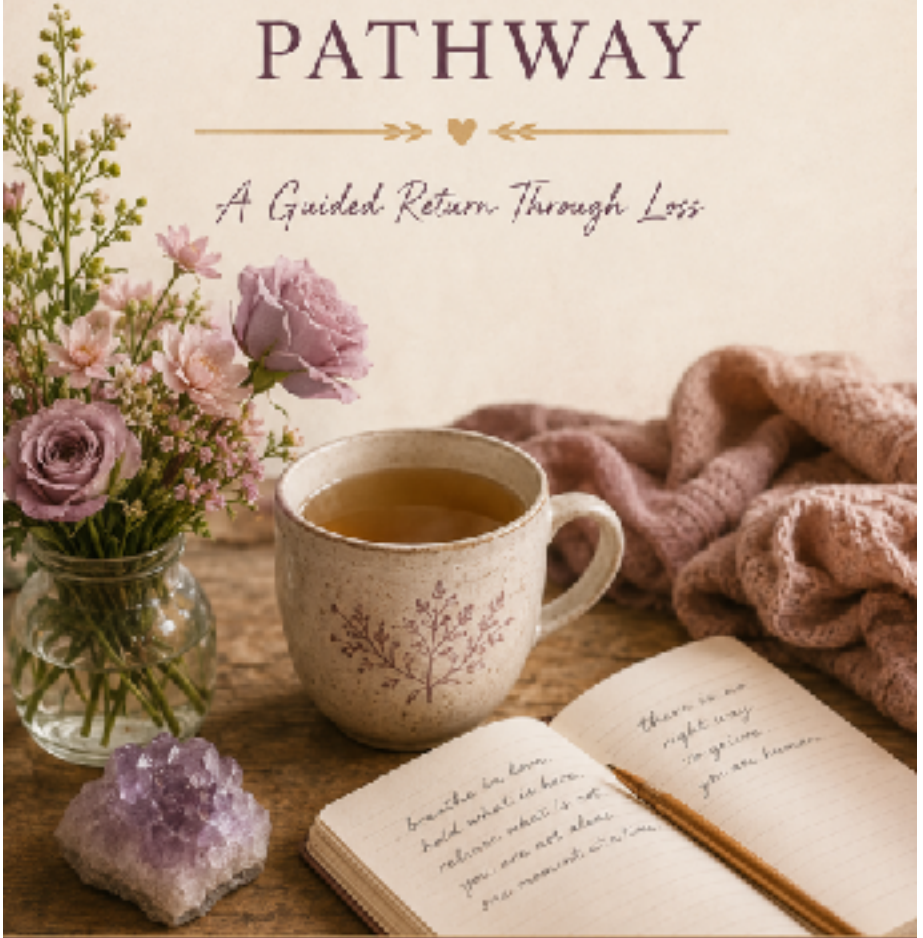



FAMILY GRIEF HEALING PATHWAY



A Guided Return Through Loss



 SANCTUARY

CARE • SUPPORT • ORIENTATION • RETURN

Erika Scanlan Schaefer- CHHP, CHHC & LMT

This pathway was designed to help people move through grief without abandoning themselves in the process.

We do not rush grief.

We do not force healing.

And we do not expect people to “hold it all together” while their world is reorganizing.

Instead, we create structure, support, orientation, and steady relational care while life slowly begins to move again.

Take time to write journal and be with yourself through this process. It will help commemorate and honor this time. It will allow you to take time to de pressurize, stop all the busy moving.

Grieving needs just as much space as it does gentle movement. It will keep your body moving, allow heavy emotions to process and stuck energy to flow again.



THE HEART OF THIS WORK

Inside Sanctuary, we understand grief
as more than emotion.

Grief affects:

- ♥ the body
- ♥ the nervous system
- ♥ the home
- ♥ relationships
- ♥ energy levels
- ♥ communication
- ♥ daily rhythms
- ♥ identity
- ♥ purpose
- ♥ the ability to feel safe and connected

This pathway was designed to help people
move through grief without abandoning
themselves in the process.



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We do not force healing.



And we do not expect people to
"hold it all together" while their world
is reorganizing.



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orientation, and steady relational care
while life slowly begins to move again.



 SANCTUARY

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Your Chi tending should be your focus.

Do I have the energy for this?

How can I make this easier for myself?

Does someone outside of me need me?

Do I have the space?

Write your answers down or use them as blocked energy writing prompts?



SANCTUARY PHILOSOPHY



Healing does not happen through force.

It happens through relationship.

Through support.

Through steadiness.

Through allowing the nervous system,
body, heart, and life to reorganize
safely over time.



*You do not have to walk
through grief alone.*

Sanctuary Philosophy

Healing does not happen through force.
It happens through relationship.

Through support.

Through steadiness.

Through allowing the nervous system, body, heart, and
life to reorganize safely over time.

You do not have to walk through grief alone.



A GUIDED RETURN THROUGH LOSS



Grief changes everything.
It changes the nervous system.
It changes the body.
It changes the rhythm of the home.
It changes relationships, communication,
energy focus, and the way we move
through daily life.

Many people are expected to return
to normal far too quickly after
profound loss.

But grief is not something
to "get over."
It is something we
move through.

Together.
With support.
With structure.
With care.

The Family Grief Healing Pathway
was created to help individuals,
couples, and families move through
grief with grounded support,
nervous system awareness, emotional
processing, and practical stabilization.



SANCTUARY

CARE • SUPPORT • ORIENTATION • RETURN

A Guided Return Through Loss

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Together. With support. With structure. With care.

The Family Grief Healing Pathway was created to help individuals, couples, and families move through grief with grounded support, nervous system awareness, emotional processing, and practical stabilization.

This is not performative healing.

This is not forced positivity.

And this is not about bypassing pain.

This is about learning how to remain connected to yourself, your loved ones, and your life while moving through one of the most disorienting human experiences we can face.

What This Pathway Supports

This work may support:

- loss of a loved one
- anticipatory grief
- caregiving exhaustion
- end-of-life transitions
- family overwhelm after death
- nervous system dysregulation after crisis
- household destabilization
- emotional shutdown or flooding
- identity shifts after loss
- relationship strain during grief

The goal is not perfection.

The goal is steadiness, support, and relational care while the system reorganizes.



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support, and relational
care while the system
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SANCTUARY

CARE + SUPPORT + ORIENTATION + RETURN

WEEK 1

Stabilization & Immediate Care



The first phase of grief often brings shock, exhaustion, confusion, emotional flooding, numbness, and nervous system overwhelm.

THIS WEEK FOCUSES ON:

- 🌿 grounding the nervous system
- 🌿 immediate emotional support
- 🌿 hydration, food, and sleep support
- 🌿 practical stabilization
- 🌿 creating small moments of safety and orientation
- 🌿 understanding how grief affects the body and mind


MISS E'S
FLOWER ESSENCES

*Sweet plant, sweet tea. Flow's healing.
Send support to every drop.*



ROOTED IN THE BODY • CLEAR IN THE MIND • OPEN IN THE SPIRIT • ALIGNED WITH SOUL
THIS IS YOUR SANCTUARY. THIS IS YOUR RESET.

The 4-Week

Family Grief Healing Pathway

Week 1 – Stabilization & Immediate Care

The first phase of grief often brings shock, exhaustion, confusion, emotional flooding, numbness, and nervous system overwhelm.

This week focuses on:

- grounding the nervous system
- immediate emotional support
- hydration, food, and sleep support
- practical stabilization
- creating small moments of safety and orientation
- understanding how grief affects the body and mind

Included Support:

- Nervous System Stabilization Guide
- Acute Grief Care Checklist
- Daily Support Rhythm Sheet
- Gentle Grounding Practices
- Emergency Regulation Tools

Week 2 — Relationship, Story & Emotional Processing

As the initial shock begins to settle, deeper emotions often emerge.

This phase supports:

- emotional processing
- relationship reflection
- unresolved feelings
- family communication
- grief complexity
- memory and meaning-making

This is a space where love, anger, sadness, relief, guilt, gratitude, and confusion may all coexist.

Included Support:

- Journaling Prompts
- Family Reflection Questions
- Relationship Mapping Exercises
- Remembrance Practices
- Emotional Processing Tools

WEEK 2

Relationship, Story & Emotional Processing



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THIS WEEK SUPPORTS:

- emotional processing
- relationship reflection
- unresolved feelings
- family communication
- grief complexity
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INCLUDED SUPPORT

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- Family Reflection Questions
- Relationship Mapping Exercises
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- Emotional Processing Tools



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CARE • SUPPORT • ORIENTATION • RETURN

WEEK 3

Household Reorganization & Nervous System Recovery



This is often the phase where people begin realizing how much life has changed.

Many people experience exhaustion, decision fatigue, and disruption to routines.

THIS WEEK SUPPORTS:

- 🌿 exhaustion recovery
- 🌿 decision fatigue
- 🌿 clutter and stagnation
- 🌿 emotional depletion
- 🌿 disrupted routines
- 🌿 difficulty functioning
- 🌿 caregiver burnout

→ INCLUDED SUPPORT →

- 🏠 Sanctuary Reset Checklist
- 📖 Household Stabilization Guide
- 🎵 Rhythm & Routine Rebuilding Tools
- 🌿 Pacing & Energy Awareness Support
- 🌸 Daily Care Practices



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SANCTUARY

CARE • SUPPORT • ORIENTATION • RETURN

Week 3 — Household Reorganization & Nervous System Recovery

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Many people experience:

- exhaustion
- decision fatigue
- clutter and stagnation
- emotional depletion
- disrupted routines
- difficulty functioning
- caregiver burnout

This phase focuses on rebuilding steadiness and creating supportive structure.

Included Support:

- Sanctuary Reset Checklist
- Household Stabilization Guide
- Rhythm & Routine Rebuilding Tools
- Pacing & Energy Awareness Support

WEEK 4

Integration, Meaning & Reentry



Grief does not disappear.
But over time, we learn how to
carry both grief and life together.

THIS WEEK SUPPORTS

- 🌱 integration
- 🌱 returning to daily life
- 🌱 rebuilding trust in self
- 🌱 family reconnection
- 🌱 ongoing remembrance practices
- 🌱 preparing for future emotional waves and anniversaries

INCLUDED SUPPORT

- 🌱 Integration Reflections
- 🌱 Remembrance Rituals
- 🌱 Continuing Care Practices
- 🌱 Family Communication Support
- 🌱 Long-Term Support Resources



This is a space where love, anger, sadness, relief, guilt,
gratitude, and confusion may all coexist.



SANCTUARY

CARE • SUPPORT • ORIENTATION • RETURN

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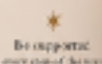
Included Support:

- Integration Reflections
- Remembrance Rituals
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- Family Communication Support

ENTER THE SANCTUARY

Healing & Bioenergetic Care

Nervous system support, Energy realignment, Deep relaxation.
Real change to your body, your life, and your capacity to be here.



BOOK • BUNDLE • ADDON/UPGRADE • RESTORATION

*You are safe here.
You are held here.
You are supported in your return
to your self.*



It's not a quick fix.
It's a performance.
It's a rebirth.
This is real life work.

It works with your body,
nervous system, relationships,
home, and you—together.
It's personal, but not clunky,
capable and intentional.

You are
Perfectly Imperfect.

1. SANCTUARY RESET

Energy, Rejuvenation, Gentle Release

Understand what is happening to your life, your body,
and your nervous system—so you can choose the
next right steps with confidence.

- Personalized Plan
- Nervous system & IFS awareness
- Personalized holistic practice plan
- Post-session Sanctuary

BOOK SANCTUARY RESET

2. HANDS-ON SANCTUARY CARE

Body, Brain, Nervous System, Energy, and Self

It provides care for the whole your body + carrying so much
and needs support to come back into balance.

- Bioenergetic bodywork
- Nervous system rebalancing
- Energetic reset & clearing
- Deep physical + energetic support

BOOK HANDS-ON CARE

FAMILY GRIEF HEALING PATHWAY

Support, Release, Reconnect



BOOK NOW

THE GROUND TO YOUR HEART

Energy, Rejuvenation, Gentle Release

Understand what is happening to your life, your body,
and your nervous system—so you can choose the
next right steps with confidence.



BOOK NOW

THE GROUND TO YOUR HEART

Energy, Rejuvenation, Gentle Release

Understand what is happening to your life, your body,
and your nervous system—so you can choose the
next right steps with confidence.



BOOK NOW

A GENTLE RETURN TO YOURSELF

Energy, Rejuvenation, Gentle Release

Understand what is happening to your life, your body,
and your nervous system—so you can choose the
next right steps with confidence.



BOOK NOW



Ready to begin?

Enter Sanctuary

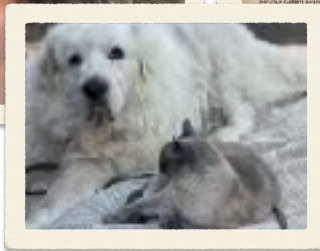
BOOK NOW

Allow grief to wake your spirit through love.
Live a life that serves that love. Celebrate life.

Erika Scanlan Schaefer

is the founder of Sanctuary and a holistic care practitioner with over three decades of experience supporting individuals and families through healing, grief, transition, and nervous system restoration after crisis.

Living in the Sierra Nevada foothills alongside her beloved companions, Mooshka and Druk, Erika's work is deeply rooted in nature, relational care, land stewardship, and the rhythms of embodied healing. Her days are spent tending the body, the land, the spirit, and the quiet return to steadiness that allows life to begin moving again.



A GUIDED RETURN THROUGH LOSS

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profound loss.

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to "get over".
It is something we
move through.

Together.
With support.
With time. It is.
With care.

The Family Grief-making Pathway
uses ceremony, ritual, and reflection,
creativity, and guidance to support
grief with grounded support.
Personal culture awareness, and
practical guidance.

SANCTUARY
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