In This Together

A Creative Space for Grief

Losing a loved one, a relationship, or experiencing a major life transition can leave you feeling numb, overwhelmed, or searching for words. When words aren't enough, creative exploration offers a gentle, non-verbal space to express, honor, and process your experience.

NO artistic skill or talent is required—this space is about expression, not perfection.

Connect with others who understand what you are carrying in a safe, confidential environment.

What to Expect

Creative Interventions: Guided drawing, music, journaling, and tactile art-making (such as clay or mixed media).

Support & Sharing: Facilitated group conversations to gently balance the pain of loss with new paths toward healing.

Thursdays, 2–4 p.m.

Duration: 5 weeks.
November 12, 2026–
December 17, 2026
(no group November 26)

Group size: Open

Population: Any adult 18+ who is having,or have had, experience losing a loved one, relationship, or are experiencing a major life transition.

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