

Honor Your Grief: A Retreat

Presented by The Mary Claire Foundation

Saturday, April 30, 2022 | 11 AM – 3 PM



Grief is an experience unlike any other. When a loss occurs, it can feel like every single part of your life has been impacted.

During this retreat, you'll join with others who have experienced loss. You'll be supported. And you'll experience a powerful day of reflection in a beautiful, peaceful setting.

Retreat Leader: Jane Rahenkamp, PCC

Event location: The Cabin at The Mayernik Center at Avonworth Community Park, 498 Camp Horne Road, Pittsburgh PA 15202

The program: Spend the day in groups sharing your thoughts and experiences with grief. Ponder what it looks like and discuss ways to honor your grief in order to live with it. Silent time will be utilized for journaling and reflection.

Registration fee: \$10.00 covers all supplies and a light lunch.

Tickets are available via Eventbrite at:

<https://www.eventbrite.com/e/honor-your-grief-retreat-tickets-277585805617>

This event is presented by The Mary Claire Foundation, a nonprofit organization with the mission to assist families who are experiencing child loss by providing community outreach and supporting initiatives that promote grief counseling, pediatric medicine, and organ donation awareness. Learn more at TheMaryClaireFoundation.org