

Grief Reset Circle

A Gentle Meditation Series for Widows & Widowers



Spousal loss affects more than the heart. It impacts the nervous system, sleep, identity, focus, and one's sense of safety in the world.

The Grief Reset Circle offers a calm, supportive space to rest, breathe, and gently settle the body — without pressure to share, explain, or “move on.” This series is designed to support you where grief actually lives.

What This Series Offers: 5 Session Series, Online

- Session 1 — Stabilizing After the Loss
- Session 2 — Living With the Absence
- Session 3 — Who Am I Now?
- Session 4 — Carrying Love Without the Pain Taking Over
- Session 5 — Living Forward While Honouring What Was

This is not therapy and not about fixing grief. It is about supporting your body and heart as you carry it. This meditation series is supportive and educational in nature and does not replace medical, psychological, or crisis care.

**Reserve Your Place in the
Grief Reset Circle**
A calm, supportive space awaits.

10:30 am, Saturday March 7th, 2026
\$97 CAD Pre-registration required

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Tamelynda Lux

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