



# Sharing Our Grief Journey

## A support group for those exploring grief and loss

Grief is the experience of any unwanted loss. Most commonly, it arrives with the death of a loved one. But the Land of Loss is expansive and can include divorce/separation, loss of health or financial security, pet loss, or a child leaving home. The list is endless. This group is designed for anyone seeking support in their unique grief journey.

### In this group we will

- have the opportunity to share and explore grief in a safe and confidential space
- discover the healing power of Bearing Witness to grief and let go of isolation
- learn tools to help navigate this journey including mindfulness, movement, and writing

**Location:** 710 C. St, Room 214, San Rafael, CA

**Date/Time:** Four consecutive Wednesdays, 5:00 – 6:30pm.  
Starts Wed March 4th ( March 11th, 18th, 25th)

**Cost:** \$150.00 for all 4 sessions

**Request:** to attend every session, this is not a drop-in group

For more information and/or to register, email: [gyani@ourgriepath.com](mailto:gyani@ourgriepath.com) or call: **415.847.7990**

### About the facilitator

Gyani Richards, MA, is a grief counselor who helps people navigate and heal in their journey through grief and loss. His personal experience with grief began quite early when his father died when he was 13. Shortly thereafter, he began exploring meditation and the great wisdom traditions of the world, practices which have defined the last 40 years of his life. He has an M.A. in Transpersonal Counseling Psychology, a second-degree black belt in Aikido, and is a Certified Grief Educator.



[WWW.OURGRIEFPATH.COM](http://WWW.OURGRIEFPATH.COM)