

Mourning Light Café

Doing Grief™ Community Healing Project at the Palms



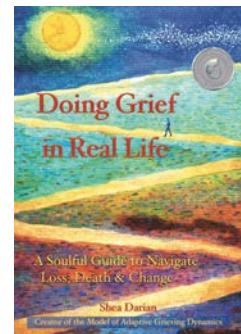
FRIDAYS, 9-10:30 AM, MAR 22, APR 12 & 26, MAY 10 & 24

with Shea Darian, hosted by Andrew Darian



What is Mourning Light Café? A time to gather with other grievers, healers, and caregivers – to foster a sense of community and learn more about the grieving process from grief theorist and educator, Shea Darian. Shea will guide you to become more familiar with grief-related losses and life-shifting changes that require your healing intention. Come to connect, find support among other grievers, and discover how to heal your grief-related suffering in ways that are most effective for you. *Coffee, tea, and light refreshments will be served or feel free to bring your own.*

“Sometimes healing grief is making sure you don’t fall into the hole where life is missing.” Shea Darian



**Interfaith Chapel for Healing – The Church of the Palms
14808 N Boswell Blvd, Sun City, AZ 85351**

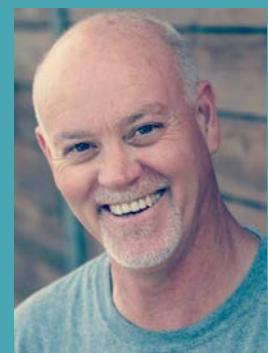
Suggested Donation: \$5-10 (donate online or at the door)



Shea Darian

Shea Darian, M.Div., is a grief educator, author of *Doing Grief in Real Life: A Soulful Guide to Navigate Loss, Death & Change*, and creator of the theoretical Model of Adaptive Grieving Dynamics. Shea is on a mission to replace outdated myths about grief and grieving with a perspective that encourages you to become your own best healer and help your loved ones do the same. Shea is a certified Spiritual Director, offering care to individuals, families, and in small group Healing Circles.

Andrew Darian, Ph.D. is a lifelong educator and host for Mourning Light Café. Andrew knows through experience that healing grief is a lifeskill that can be learned and is a choice we can make every day.



Andrew Darian