

## *Self-care workshops for adults who are grieving*

**2017 workshop series, 10:00 am – 12:30 pm**

**Friday, March 24 • Monday, May 15 • Friday, September 22**

***Expression is vital to any healing process.***

***This workshop series explores art therapy, music therapy,  
and the labyrinth as avenues of expression for grief.***

- Workshops are open to adults who are grieving the death of a loved one.
- Participants may attend a single workshop, or all three.
- Prior creative experience or skill is not required; all materials provided.
- No charge for participation; pre-register by calling (336) 768-6157, ext. 1600

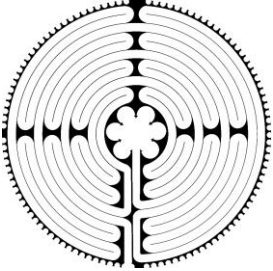
**Location:**

Hospice & Palliative CareCenter, Williams Education and Counseling Center  
101 Hospice Lane, Winston-Salem, NC 27103

## **Soul Expressions Session #1**

**Friday, March 24, 2017**

**10:00 am – 12:30 pm\***



**The journey in and out of a labyrinth path can provide insights and experiences that translate to the life – and grief – journey. This session will bring the labyrinth to life through learning, exploring, and walking. Art and Music Therapies will support moments of centering, sharing, and deeper reflection upon the labyrinth walk experience.**

\*A portion of this session will take place in a meeting room at the KBR Hospice Home. Participants will arrive to, and depart from, the Williams Education & Counseling Center.

*The labyrinth is open to community visitors daily, March 21-23, 2017. See the HPCC Labyrinth Flyer for additional information and open walking times.*

### **Facilitated by:**

Susanna Lund, MS, LPC, NCC, ATR-BC, Licensed Professional Counselor, Board Certified Art Therapist  
Katie Cyre, MS, MT-BC, Complementary Therapies Program Manager, Board Certified Music Therapist