


“Communal grieving offers something that we cannot get when we grieve by ourselves. Through validation, acknowledgement and witnessing, communal grieving allows us to experience a level of healing that is deeply and profoundly freeing.” Sobonfu Somé



We invite you to join us in a beautiful ritual to honour our grief and sorrow.

Sunday 3rd March 6pm-9pm

The Fielden Centre, Todmorden

The grief ritual is an open invitation to anyone who would like to connect with their grief with others. This may be grief from the loss of a loved one or a pet. It may be living losses: health, job, home, relationships, dreams. It may be grief for the world, for the wars or for the planet and environment. All grief is welcome.

Grief may be felt in many ways, and we respect how personal it is. There may be strong emotions that are stirred up and this is a space to give yourself permission to acknowledge feelings, sadness, hurt, anger, numbness, aloneness.

We will meet for 3 hours, part of this will be in darkness to allow us to be with grief together. There will be time after the circle to have a cup of tea and talk to each other before going on with your evening.

Stacey Campbell is an experienced therapist and facilitator. She is passionate in supporting all types of grief, including the living losses that are often not seen or acknowledged by others. She has worked in a hospice for over 7 years supporting people who are dying and their loved ones, creating safe support groups, including child loss and bereavement by suicide, as well as many others..

Karen Moore is an integrative and wild therapist. She has over 20 years experience of working in the areas of violence against women and mental health. She is passionate about creating safe, welcoming spaces where people can come together to bravely explore and share emotions, feelings and experiences.

Pay what you can afford: £10 - £30

To book a place or for more information, please contact: Karen Moore on 07966 029016 or

kazzamoore@protonmail.com

Please note, spaces are limited.

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