

*Save the Date for:*

## **Navigating Grief...**

*Where Do I Go From Here?*

# **ADULT RETREAT**

**November 3<sup>rd</sup> – 4<sup>th</sup>, 2018**

The Goldstein Family Hospice of Cincinnati and Fernside Grief Center recognize that coping with the loss of a spouse, child, parent, sibling or friend presents every day challenges for adults. We are excited to offer our overnight retreat for grieving adults.

This one-time experience is designed to allow participants to take a break from their daily routines and responsibilities to reflect on their lives in an outdoor setting. The retreat will incorporate physical, emotional and intellectual grief work through interactive peer groups, expressive arts and physical challenges.

*Sponsored By:*

The Goldstein Family  
Hospice of Cincinnati and Fernside

**Grief Center**



Promoting Healing for Life After Loss

**For more information or to register please call:**

**Fernside Supporting Children & Families Through Grief**

• (513) 246-9140 • [www.fernside.org](http://www.fernside.org) •