

**Title:** Join Starling's upcoming Workshop: Moving Through Grief

Grieving is a deeply personal journey but one that can benefit from community support. That's why we've partnered with Starling Minds to invite you to an upcoming Grief and Loss Workshop, where we'll come together to find solace, support, and healing.

In this workshop, we'll create a safe space to explore and understand your feelings, find ways to navigate challenging times or support others in theirs, and connect with people who understand what you're going through.

**What to expect:**

- **Expert Guidance:** Our experienced facilitators will provide insights, coping strategies, and resources to help you navigate the grieving process.
- **Healing Activities:** Engage in different exercises designed to promote healing, self-reflection, and growth.
- **Empowerment:** Learn practical tools and techniques to cope with grief and embrace life with renewed strength and resilience.
- **Community Support:** Connect with others who are also experiencing loss, and gain strength from the understanding and empathy of fellow participants.

**Details of the workshop:**

**Title:** Moving Through Grief

- Date: Tuesdays, from May 7th to June 11th, 2024
- Time: 7.00- 8.00 PM ET
- Registration Link: <https://info.starlingminds.com/gpat-2024-moving-through-grief>

Regardless of where you are in your journey of grieving, find support and resources to keep moving forwards.

For any inquiries, please contact [members@starlingminds.com](mailto:members@starlingminds.com)

Warm regards,

QPAT



Live Webinar

# Moving through grief

A 6-Week grief and loss workshop



Tuesdays: May 7 - Jun 11



4 PM PT | 7 PM ET

Find support and resources to keep moving forward



**Sarah Hines**

Founder, Grief Advocacy  
Grief Recovery Specialist



**Tara Achkar**

Mental Fitness Coach  
Mindfulness Advisor



**Join Us**



## What people are saying...

For anyone who is new to Starling, everything I have learned and implemented from these sessions has literally saved me. I have managed depression for 25 years and these sessions help me stay connected. Thank you to the team.