



## Grieving Families Healing Together

Our commitment to provide a healing atmosphere filled with laughter and learning has not altered. The Wendt Center for Loss and Healing is thrilled to present the 4th year of **Grieving Families Healing Together**, family workshops designed to provide youth and their families with interventions to help them remember and honor loved ones who have died and learn new ways of coping and caring for the self. This year the program will offer **in-person** and **virtual** workshops. Participants will explore grief in safe, supportive settings where all family members' self-expression is heard, valued, validated, and honored. Participation is **free** of charge, but registration is necessary: <https://bit.ly/2023GrievingFamilies>

The Wendt Center strives for a family camp environment that cultivates **kindness, compassion, respect, and inclusivity**, in an intentional and affirming way. Our family program fosters grief exploration, social skills, courage and understanding in healing and supportive spaces. We invite our family program community to preserve a safe and supportive environment that treats all people with dignity and thoughtful regard.

## Family Camp Workshops 2023



**Engaging the Family Through Creative Drama w/ Arena Stage**  
(virtual via Zoom)

Saturday, October 14, 2023 | 11:00am - 12:30pm

**Using Art to Explore Grief and Healing**  
(in-person @ The Wendt Center)

Saturday, November 18, 2023 | 10:00am - 12:00pm

**Healing in Green Spaces: Constructing Outdoor Nature Mandalas**  
(in-person @ Anacostia Park)

Saturday, October 21, 2023 | 10:00am - 12:00pm

**Mindful Movement: Gentle Yoga and Mindful Breathing**  
(virtual via Zoom)

Saturday, December 2, 2023 | 11:00am - 12:00pm

**Open Mic: Writing to Remember**  
(virtual via Zoom)

Saturday, November 4, 2023 | 11:00am - 12:15pm

**Family Cooking: Finding Grief and Healing in the Kitchen**  
(virtual via Zoom)

Saturday, December 16, 2023 | 11:00am - 12:30pm

