



Grieving Families Healing Together: Workshops 2025

Wendt Center for Loss and Healing family workshops are designed to provide youth (ages 5-17) 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. 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 required.

Grieving Families Healing Together is a hybrid program offering both in person (at Wendt Center) and virtual workshops. Workshops will be held on weekends in the Fall/Winter. Families may register for as few or as many workshops as they like.

Online application can be found here: [Surveymonkey.com/r/2025familyworkshops](https://www.surveymonkey.com/r/2025familyworkshops) (QR code below)

We strive for an 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 community to preserve a safe and supportive environment that treats all people with dignity and thoughtful regard.



- **The Creative Heart: Grief and Art Expression**
 - Sun, Oct 5 | 11am–12:30pm (in person)
- **Healing Through Rhythm: A Drum Circle for Grieving Families**
 - Sun, Oct 26 | 11am–12:30pm (in person)
- **Grief Exploration Through Therapeutic Gardening**
 - Sat, Nov 1 | 11am–12:30pm (in person)
- **Circle of Healing: Exploring Grief through Nature Mandalas**
 - Sun, Nov 9 | 11am–12:30pm (in person)
- **Exploring and Expressing Grief Through Drama and Tableau Creation**
 - Sat, Nov 22 | 11am–12:30pm (in person)
- **Healing Words: Writing Through Family Grief**
 - Sun, Dec 7 | 11am–12:30pm (virtual)
- **Breath by Breath: Navigating Grief with Mindful Presence**
 - Sat, Dec 20 | 11am–12:30pm (in person)



Limited space available per workshop
For any questions, please email camp@wendtcenter.org
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