

# Loss and Creative Expressions



***“At the deepest level, the creative process and the healing process arise from a single source”***

*Dr. Rachel Naomi Remen*



*Healing work requires both the right and left sides of the brain. Being creative engages the right side of the brain and allows you to explore the parts of your grief that cannot be put into words.*

**This is an afternoon of healing through creativity for those who are grieving the loss of a loved one.**

**Simple projects are shown at the beginning, and all creative materials are provided for you to work with.**

**The value is in the *doing*, not the final piece. Give yourself the gift of time to explore, create, and find comfort.**

**Sunday April 29  
1:30– 4:30pm  
Hospice Yukon  
409 Jarvis St.  
To register: 667-7429**