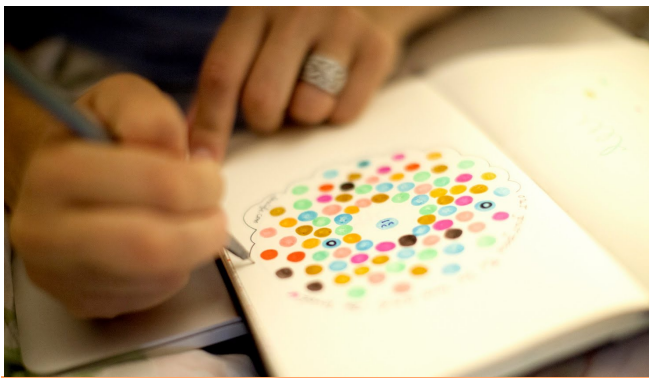


# Loss and Creative Expressions

*“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 February 11**

**1:30– 4:30pm**

**Hospice Yukon**

**409 Jarvis St.**

**To register: 667-7429**

[www.hospiceyukon.net](http://www.hospiceyukon.net)

