

# Grief Recovery Series Offered by Miles Funeral Home

*Sharing Hope*



## *This Journey of Grief*

### *Finding Your Way and Healing Your Spirit*

Join others in healing your mind, body and spirit in this seminar on mindful grieving. Grief is our heart's natural response to loss and creates emotions that deserve attention and care. This seminar will help you to be present to your loss, understand the emotions of grief, and help you take steps to transform the pain of loss into growth and healing as you journey through grief.

Terri Philbrick, LICSW  
*Licensed Independent Social Worker,  
Grief Counselor and Bereavement Coordinator*

Richard S. Mansfield, *Funeral Director*

**Saturday, April 2, 2016 ~ 1:00 - 2:30 p.m.**

**Holden Senior Center ~ 1130 Main Street, Holden**

Seating is limited. Seminar is free and open to the public.

Light refreshments will be served.

Please call (508) 829-4434 or (978) 422-0100 for reservations.



[www.milesfuneralhome.com](http://www.milesfuneralhome.com)

