



## **GARDENING YOUR LIFE: Grieving Course**

SKILLS TO HELP DEAL WITH PAST HURTS AND LOSSES

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**MEETS THURSDAYS FROM 5:30-7PM (FOR 10 WEEKS)**

**\*COST IS \$20.00 PER SESSION.**

**HEARTLAND CHRISTIAN COUNSELING**

**6200 AURORA AVE, SUITE 401E URBAN DALE, IA 50322**

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Grieving: Gardening Your Life is the second phase in the Gardening Your Life course. Building on the Grounding skills will help you establish a firm foundation as you deal with past hurts and losses in the Grieving Phase of Gardening Your Life. This phase is designed to help you learn about healthy grieving and to experience the freedom and wisdom that comes with working through grief.

The Grieving Group is open to anyone who has first completed the Grounding course. The group covers topics from Grieving: Gardening Your Life by Dr. Heidi Vermeer-Quist and costs \$20.00. Each session begins and ends with the Serenity Prayer.

The 10 main topics are:

- From Grief to Good
  - Building Self-Awareness
  - Catch, Release, and Replace
  - Time to Say Goodbye
  - Share Your Story
  - Honor Your Story
  - Remember Your Story
  - Forgive and Live
  - Letting Go for Good
  - Forgive Yourself
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FACILITATORS: Travis Wentworth and DeAnne Negley  
FOR MORE INFORMATION & TO REGISTER, CALL (515)331-0303