

Honoring our Losses

Monthly Drop in Zoom Space

Honoring and exploring grief, loss, death and the dying experience through Poem-making

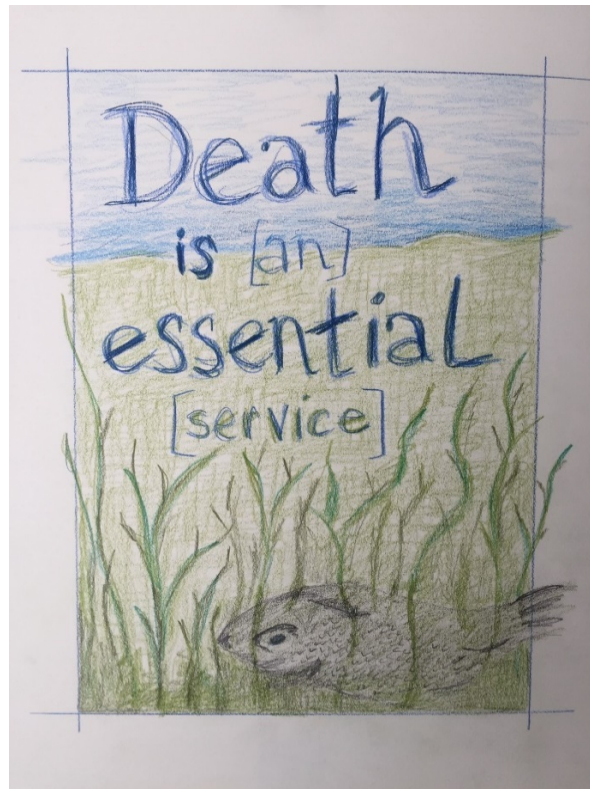
*"Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing."*

- Naomi Shihab Nye, *Kindness*

1-2pm - the **4th Friday of the Month** - Feb. 26th, Mar. 26th, April 23rd

Lead by: Author, Death Doula, RN Judith Redwing Keysar

This group is a safe space to acknowledge the process of grief and loss and to be present with feelings about the end-of-life.



ART ^{for} RECOVERY

Register @ ArtforRecovery@ucsf.edu