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 Keyssar

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.

Register @ ArtforRecovery@ucsf.edu