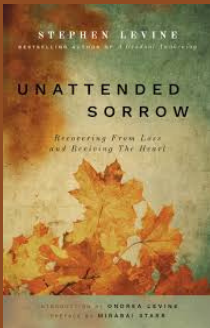


READING THROUGH GRIEF

A BOOK DISCUSSION GROUP

THE 2ND & 4TH SUNDAY OF EACH MONTH
BY ZOOM
5:00-6:00PM

JANUARY/FEBRUARY 2021 PICK
UNATTENDED SORROW by **Stephen Levine**



Whether newly grieving, working through past losses, or both, we invite you to join in discussion of Stephen Levine's book and explore how to hold your grief with greater spaciousness and self-compassion.

"Ironically, we are not alone in our feelings of isolation. We are a part of the worldwide community of loss. If sequestered pain made a sound, the atmosphere would be humming all the time. We close around our pain by refusing it mercy, by resisting the softening and letting go that might give it a little more space to breathe."

OPEN TO ALL OF THE PATHWAYS COMMUNITY

FOR FULL SCHEDULE & MEETING LINK:
JULIET.SMALLERNST@CHIHEALTHATHOME.COM