

Grieving Life as we know it.



Monday, January 27

1pm | VOS - Community Room

Join us as **Melissa Minkley** of the **Grief Wellness Center** shares helpful strategies to navigate life changes with grace and resiliency.

Grieving Life as we know it.

Life transitions are inevitable. Significant life change and loss can stir up a mix of emotions as we learn to cope and adapt to new circumstances. We tend to feel uneasy and uncertain about what lies ahead. Nearly all changes bring grief along with it. A part of healing and growing through change requires us to mourn our losses.



About the Facilitator:

Melissa Minkley, MSW, CT, of the **Grief Wellness Center** is a licensed social worker with over 25 years of experience supporting individuals, families, and communities through life-altering diagnoses, end-of-life transitions, and grief.

FREE (Registration appreciated).

For more information or to register,
please contact **Monica Wildt**
at **262.965.7017** or email **mwildt@threepillars.org**.

