

Navigating Life's Transitions

A Gathering for Those Grieving a Loss, Adapting to Change, and Life Transitions



Join us for a 5-week workshop series designed to guide you through significant life changes with grace and resiliency.

February 5, 12, 19, 26, and March 5

1pm | The Wellness Connection | \$30 for all 5 sessions

DATE	SESSION	TOPIC
2/5	One	<i>Mindful Awareness</i>
2/12	Two	<i>Strength & Vulnerability</i>
2/19	Three	<i>Self-Compassion & Kindness</i>
2/26	Four	<i>Barriers to Healing</i>
3/5	Five	<i>Allowing Transformation</i>

In this series, you will learn strategies for:

- Understanding the grief process
- Practicing mindfulness for calm and clarity
- Navigating challenges with self-compassion
- Moving toward healing and transformation

Why Attend?

Life transitions—whether expected or unexpected—can stir up a mix of emotions. Grief often accompanies significant change, leaving us feeling uneasy and uncertain. Healing through change requires acknowledging and mourning 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.

To Register: Call Monica Wildt at 262.965.7017 or email mwildt@threepillars.org.

*Residents can register via the portal.



Three Pillars
SENIOR LIVING COMMUNITIES