

A top-down view of various watercolor painting supplies on a dark blue, textured surface. On the left is a white watercolor palette with many colors. In the center is a clear plastic palette with a mix of colors and a green brush. To the right is another white watercolor palette with a few colors and two brushes (one red, one green). There are also several small jars of paint in various colors.

Goldstein Family Grief Center Grieving with Intention Workshop Series

Grief And Expressive Arts

The Goldstein Family Grief Center is collaborating with Joan Fopma-Loy to present this workshop on using expressive arts as a tool for coping during your grief journey. The program will include an introduction to a variety of expressive arts activities for grief and loss, and participants will engage in and reflect on a visual arts activity. After a significant loss we need to relearn the self as well as relearn the world. Expressive art can help in our healing. No art experience is necessary; this is a “failure- free” experience. Plan to leave your “inner critic” at the door. Program will be capped at 20 participants.

Wednesday, March 29th
6:00-8:30 PM

Hospice of Cincinnati, Administration Building
4360 Cooper Road
Cincinnati, OH 45242

Registration is Required:
513-246-9208 or
Bereavementreferral@trihealth.com



**GOLDSTEIN FAMILY
GRIEF CENTER**

PROMOTING HEALING FOR LIFE AFTER LOSS