



WHEN LIFE INTERRUPTS: FINDING GROWTH THROUGH GRIEF

Grief is often associated only with death—but in truth, shows up anytime life interrupts us. We are surrounded by grief we've never been taught to name – quiet losses, transitions, and identity shifts that go unwitnessed. In this talk, **Krista Powers** reframes grief as a dynamic spectrum and introduces The 5 Powers of Grief, a practical and embodied framework for navigating loss without bypassing it. Participants are invited into reflection, dialogue, and integration—because grief does not heal in isolation.



Monday, May 18, 2026



4:00–5:30pm



4360 Cooper Road,
Cincinnati OH, 45242

REGISTRATION IS REQUIRED



BereavementReferral@TriHealth.com



513-246-9208



Or by scanning the QR Code



Krista Powers is the author of *Good Grief: Inviting Grief to Be a Catalyst for Growth* and the Executive Director of Giving Voice Foundation, supporting those impacted by dementia. A caregiver, speaker, and two-time cancer thriver, Krista brings nearly three decades of lived and professional experience to her work.



**GOLDSTEIN FAMILY
GRIEF CENTER**

PROMOTING HEALING FOR LIFE AFTER LOSS