



SPRING'S EMBRACE MINDFULLY TENDING TO YOUR GRIEF

The Goldstein Family Grief Center is partnering with the Cincinnati Nature Center to offer an all-day grief retreat. Nature serves as a reminder of the life cycles that surround us. Spring reminds us of the opportunities for rebirth and growth that emerge after loss. This retreat will offer the opportunity to spend time in nature and to visualize the rebirth around us, while also connecting with others, sharing experiences, and learning practical tools for tending to ourselves while navigating a grief journey.

Nature programming during this retreat will be adaptable to your abilities.



Tuesday, May 6, 2025 - 9am to 4:30pm

OR

Wednesday, May 21, 2025 - 9am to 4:30pm



Registration is required



Cincinnati Nature Center - Groesbeck Estate
4949 Tealtown Rd., Milford, OH 45150



For more information and to register visit:

<https://www.cincynature.org/things-to-do/for-adults/>



**GOLDSTEIN FAMILY
GRIEF CENTER**

PROMOTING HEALING FOR LIFE AFTER LOSS



**CINCINNATI
NATURE CENTER**