

District 15 Fall Workshop

# OPENING OUR HEARTS

## Transforming Our Losses



A Grief Workshop



**When: Saturday, November 16, 2024**

8:30 AM - 9 AM Check-In

9:00 AM to 3:00 PM

**Speaker & Facilitator: Ruth W. from  
Shippensburg, PA**

**Where: Ebensburg AFG**

**First United Church of Christ**

**Annex Building**

217 E High St

Ebensburg, PA 15931

All of us have experienced loss in our lives through death, separation, divorce, moving to a new home, beginning a new job (or losing one), health challenges, or loss of a friendship or dreams.

Sometimes it is a friend or family member who experiences loss and it hurts our hearts as well.

This workshop is designed to help us identify the grief in our lives and learn skills to transform those losses.

Pre-Registration requested for planning purposes: \$15 recommended contribution.

Registration at Door: \$20

Continental breakfast, beverages, and lunch (soups & salad) will be provided.

**Please call or email Sharon G. with questions at 814-943-2333 or  
yogamovesu@yahoo.com**



**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Home Group:** \_\_\_\_\_

Please make check or money order for \$15 payable to: Ebensburg AFG

Mail to: Ebensburg AFG c/o Theresa S.

858 Pike Rd - Mineral Point, PA 15942