



*Kim Birdsong*  
&  
*Linda Anne Goulet*  
invite you to a  
*Community Grief Workshop & Ritual*

FRI, SAT SUN  
September 15-17  
2023  
CARMEL, CA

Using writing practice, poetry, movement integration and sharing, we will work with the loss of loved ones, feelings of powerlessness often encountered with friends and family, the loss of true communities and our collective sorrow over the destruction of the planet.

Within community we come to understand that we are not alone in our despair. The more familiar we are with grief, the less chance it will overwhelm or paralyze us. The outcome of this experience is that it brings a fuller range of expression, restores balance and vitality and cultivates new capacities to navigate the inevitable moments of heartache in this existence.

**FRI: 3:00-9:00PM, SAT: 9:30-5:00, SUN: 9:30 - 12:00**

Limited to 20 people

Registration fee: \$325

Kim is a sexual assault counselor who has worked with trauma survivors for 17 years. She offers integrative and spiritually based counseling and creates a safe container for the exploration of the myriad faces of grief.

Linda Anne is a certified End of Life Doula and Tai Chi/Qigong teacher with over 18 years of experience in healing work and hospice care. She offers easily accessible breathwork, meditation, and movement practices. Her mission is to help people access their innate healing power and connect with their true nature and luminous hearts.

COMMUNITY  
CHURCH  
of the  
MONTEREY  
PENINSULA

For further details &  
information contact

**Kim Birdsong**

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Registration deadline  
September 5, 2023

Feel free to inquire via  
phone or email