

Journaling

*A Tool for
Working Through Grief*

*Retreat Day
for
Men and Women*



*“Grief is a process of walking through hurt
and growing because of that walk.”*

*Wednesday, Dec. 13, 2017
Downstairs
Catholic Conference Centre
Peace River*



Wednesday Dec. 13, 2017

9:30 a.m. – 3:30 p.m.

9:30 a.m. Registration & social

9:45 a.m. Opening Prayer

The process of the day will consist in:

- Input on grief and journaling
- Time for prayer and reflection
- Using journaling as a tool for listening to our inner selves and working with our feelings.
- Different techniques in journaling
- Times to practice some techniques
- Suggestions for helping yourself through grief

3:00 p.m. Closing Prayer Time

For further information contact:

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and Catechesis
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Peace River, AB T8S 1K1
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REGISTRATION FORM

Journaling and Grief

Retreat Day

Wednesday, Dec. 13, 2017

Name _____

Phone:

(h) _____

(w) _____

E-mail _____

Paid: _____ cheque

_____ cash

Suggested offering for the day:

\$15.00 or a donation.

Please make cheques out to

**DIOCESAN OFFICE OF EVANGELIZATION
AND CATECHESIS.**

****Please bring a bag lunch.**

**You will also need to bring a Journal
and writing tools.**