

Grief Retreat



HEALING HEARTS



October 20-22, 2023 (Fri-Sun)

\$180/person • Saturday only: \$140

Registration & non-refundable \$100 deposit due by October 6th, 2023

Combine the healing element of nature with activities that provide an outlet for the expression of your grief. This retreat is for any adult (18+) who has lost a loved one such as a partner, friend, parent, or child.

In addition to helpful sessions, fellowship, and worship, there will be time for, crafts, yoga, massages, hiking, canoeing, sitting around the campfire, eating a few s'mores, and much more!



ALL ARE WELCOME

ABOUT THE LEADERS:

Karen Skonord, FNP will be focusing on the health aspects of grief. Karen was born and raised in Montana, and began her nursing career in Chester, MT. After moving to Kalispell, she worked as Family Nurse Practitioner for 18 years followed by mental health work for 20 years. Now retired, she spends her time with family, and enjoys growing flowers, baking, bike riding, reading and volunteering.

Jo Ann Graves-Gill is a grief therapist who will speak on grief and its effects. She will also be available to speak with people individually throughout the retreat.

Pastor Keith Weatherford will serve as our chaplain for the Grief Retreat. Pr Keith graduated from the Master of Divinity program at United Lutheran Seminary. Prior to his first call as an ordained pastor at St Johns, in Helena, he served 30 years in academia. Keith and his wife have 5 children. Pr Keith has a passion of working with people going through the grief process.

Retreat begins with dinner at 6:15pm on Friday (check-in is from 5-6pm) and ends at 12pm on Sunday. Camperships are available for anyone who needs one; call our office at 406-752-6602

2023 REGISTRATION

Grief Retreat // October 20-22, 2023

Name: _____ Attending full weekend? ____ Sat. Only? ____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone number (Cell or home?) _____ Email: _____

Please list any dietary restrictions, severe allergies or housing needs: _____

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Register online or send this registration for to office@flbc.net or FLBC 603 S Main St., Kalispell, MT 59901.

A list of what to bring and a schedule will be sent to you prior to the retreat.

