

# GRIEF & QUILTING RETREAT WEEKEND

March 26 – 28, 2010

At The Bishop's Ranch  
Healdsburg, CA

In the heart of the wine country

When a loved one dies, you experience the grief of that loss more than just once. Many things can trigger the familiar pain and sadness of your loss.

This unique hands-on grief and bereavement retreat weekend offers a holistic approach to grief. You will learn what to expect of grief and current self-care tactics. And you'll make an improvisational patchwork quilt pillow, using the clothing of your loved one, to create your own *Passage Memory*.

## Included in the weekend:

- 2 nights lodging, 2 breakfasts, 2 lunches
- Afternoon tea and snacks
- Dinner Saturday evening
- Grief and loss counseling and support
- Quilting workshop, offering sewing instruction, cutting stations, ironing stations and sewing machines
- Note: No sewing experience necessary

**Cost is \$400 per person for this 3-day retreat**

## Retreat Leaders:

**Deborah Nagle-Burks, Ph.D**

Director of the *Oaktree Bereavement Center*  
[www.oaktreebereavement.org](http://www.oaktreebereavement.org)

**Cynthia Trujillo**

Master Fabric Artist & Sewing Instructor

**For Info & to Register, Call:  
(415) 806-7169 or E-mail  
[oaktreeBC@sbcglobal.net](mailto:oaktreeBC@sbcglobal.net)**

Registration closes with a waiting list February 28, 2010

