



About Dr. Alan Wolfelt:

Dr. Alan Wolfelt has been recognized as one of North America's leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He founded the Center for Loss in 1984 to offer education and support both to griever and bereavement caregivers. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care. Dr. Wolfelt speaks on grief-related topics, offers trainings for caregivers, and has written many bestselling books and other resources on grief for both caregivers and grieving people.

Book Sales:

Park Memorial has pre-ordered many of Dr. Wolfelt's books and they will be available to purchase during the seminar. Cash, debit and credit cards will be accepted.

We cultivate care so you can harvest healing.

Continuous care with your family
before, during and beyond
funeral services.

Since 1941, Park Memorial Funeral Home has been a family owned and operated funeral home providing service to the families of Edmonton, Mayerthorpe, Vegreville, Lamont and Smoky Lake. We know what's important to the families we serve. They're the same values that guide our business... family, community and personal service.

We believe that service to our families does not end with a funeral, just as the needs of our families continue beyond. Our compassion for families on the grief journey has inspired us to bring Dr. Wolfelt to Edmonton to minister to the grieving for almost two decades. It is a privilege to welcome him once again. We hope that you find value in his wisdom as so many have in years past.



Park Memorial
Funeral Home, Crematorium
and Reception Centre



Call us at 780-426-0050 or visit
www.parkmemorial.com/grief-support-events
to learn more about our grief support programs.



13 YEAR WINNER

*Moments
With*
Dr. Wolfelt

BY PARK MEMORIAL FUNERAL HOME

Understanding Your Grief: Touchstones for Hope and Healing

A Complimentary Community Seminar



With Alan D. Wolfelt, Ph.D.
Author – Educator – Grief Counselor
Wednesday, May 10, 2023
7 p.m. – 9 p.m.

Moments With Dr. Wolfelt

BY PARK MEMORIAL FUNERAL HOME

Understanding Your Grief: Touchstones for Hope and Healing

Wednesday, May 10, 2023

The Westin Hotel
10135 – 100 Street, Edmonton

6:15 p.m.

Doors Open
Book Sales Available

7:00 p.m.

Seminar Begins

9:00 p.m.

Seminar Adjourns

*Followed by complimentary
milk & cookies, coffee, and tea.*

Complimentary Registration:

There is no fee to attend, but seating is limited, therefore we encourage you to register and reserve your seat as soon as possible.

To register, go online to
www.parkmemorial.com/mwdw-2023-002.

If you are unable to register online, please call **Park Memorial** at 780-426-0050 or toll free at 1-877-426-0050 and ask for **Kristi Hammond** or **Becky Bourque**.

Parking:

Free parking may be available downtown during the evening, but it's extremely limited. There are a number of parkades located around the Westin Edmonton. The Library and Citadel Parkades are directly connected to the hotel through a walkway. Please come prepared to pay for parking.



"Mourning in our culture isn't always easy. Normal thoughts and feelings connected to loss are typically seen as unnecessary and even shameful. Instead of encouraging mourners to express themselves, our culture's unstated rules would have them avoid their hurt and 'be strong.' But grief is not a disease. Instead, it's the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life."

Alan D. Wolfelt

Why You Should Attend:

We look forward to having you join us for this evening of hope and healing. Participants will be able to quietly reflect on their losses and honor their own unique grief journey. Plan to join us and learn about the "Touchstones" that can support you now and in the future.

This program will help all of us understand how loss influences our lives. You will be able to embrace the uniqueness of your grief, quietly reflect on your feelings of loss, learn about the six essential needs we all have when someone dies, and come to understand the difference between "reconciling" your grief and "resolving" your grief. Do not miss this opportunity to learn from one of North America's leading grief counselors.

Agenda:

- Introduction to the Topic and a Broader Framework for Loss
- Understanding the Concept of "Touchstones"
- Touchstone: Dispel Misconceptions About Grief
- Touchstone: Embrace the Uniqueness of Your Grief
- Touchstone: Explore Your Feelings of Loss
- Touchstone: Understand the Six Needs of Mourning
- Touchstone: Recognize You Are Not Crazy
- Touchstone: Nurture Yourself
- Touchstone: Reach Out for Help
- Touchstone: Seek "Reconciliation", Not "Resolution"



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