



Honoring Through Memory

A One-Day Grief Therapy Group with Sugar Skull Decorating for Día de los Muertos

Join us in a heartfelt day of remembrance, healing, and creativity. In honor of Día de los Muertos, this one-day group offers a gentle space to reflect on grief, celebrate the lives of those we've lost, and explore the healing power of cultural ritual and art. Participants will learn about the traditions of Día de los Muertos and decorate their own sugar skull as a meaningful tribute.

No art experience needed — just bring your memories, your heart, and an openness to connect.

Date: October 24th

Time: 4pm- 5:30pm

Ages 13-16

Holland Pediatric Associates, PLC
Space is limited call to schedule your spot.

616-393-0166

