

Doing Grief Programs at Banner Olive Branch Senior Center

Doing Grief Community Healing Project programs are for *everyone* – because if you're alive and you love deeply, grief is a given. We help people build life skills to meet grief—past, present, and future—not only in relationship to death, but also any loss or life change that causes grief: broken relationships, aging, illness, disability, loneliness, isolation, and more.

Through education, small group support, spiritual enrichment programs, and the creative arts, we want to support you to become your own best healer and grief expert, and support others to do the same.

Healing is the journey of a lifetime. Join us as you take your next step.



**RSVP at Banner Olive
Branch Senior Center at
623-465-6000 or
Connect@DoingGrief.org**

One-to-one, family & small group grief support are also available by appointment on a sliding scale. To schedule a free 30-minute consultation, call Shea Darian at 602-419-4043 or email Connect@DoingGrief.org.

September 2026

*Suggested donation for most programs: \$5-10.
All are welcome regardless of an ability to donate.*

Thursday, September 3, 12-1:30 pm (Movie Room)

What Are You Carrying? A Guided Soul Care Experience
Healing Through Reflective Journaling & Aromatherapy
with Angela Lahman, Spiritual Care Provider

Grief, caregiving, life changes, and everyday stress can all leave us carrying more than we realize. Through reflective journaling, gentle aromatherapy, and guided soul care practices, you'll create space to notice what matters, honor what this season is asking of you, and discover one meaningful next step you can carry forward with intention. *Supplies will be provided or bring your own notebook and favorite pen or pencil.*

Tuesday, September 8, 12-1 pm (Movie Room)

Sound Healing to Reduce Stress & Soothe Your Spirit
with Linda Schlicher, Sound Healing Practitioner

Let the soothing tones of crystal bowls, the ocean drum, and gentle flute guide you into deep relaxation, calm your mind, and refresh your energy. **Limit 15.**

Thursday, September 24, 12-2 pm (Movie Room)

Writing as a Healing Path
with Shea Darian, Author, Poet & Spiritual Care Provider

In this experiential workshop, we will engage in simple creative writing exercises, contemplate the writing forms that are especially healing for each of us, and share excerpts of our writing with one another. Whether you are interested in writing prose, poetry, or memoir, you will find creative inspiration here. *No experience necessary. Supplies will be provided or bring your own notebook and favorite pen or pencil.* **Limit 20.**

October 2026

Tuesday, October 13, 12-1 pm (Movie Room)

Sound Healing to Reduce Stress & Soothe Your Spirit
with Linda Schlicher, Sound Healing Practitioner

Let the soothing tones of crystal bowls, the ocean drum, and gentle flute guide you into deep relaxation, calm your mind, and refresh your energy. **Limit 15.**

Thursday, October 22, 12-1:30 pm (Movie Room)

Carry What Matters Through the Holidays: A Guided Soul Care Experience
Healing Through Reflective Journaling & Aromatherapy
with Angela Lahman, Spiritual Care Provider

The holidays often ask us to carry more than any other season—more expectations, memories, responsibilities, and sometimes more grief than we expected. Through reflective journaling, gentle aromatherapy, and soul care practices, you'll pause to notice what you're carrying, respond with compassion, and choose what matters most this fall and winter holiday season. *Supplies will be provided or bring your own notebook and favorite pen or pencil.*

Thursday, October 30, 12-1:30 pm (Movie Room)

A Remembrance Celebration: Spiritual Practices to Honor Our Loved Ones in Spirit
with Shea Darian, Spiritual Care Provider

The traditions of Día de los Muertos, Halloween, and Allhallowtide remind us that this is a sacred season for remembering loved ones who have died and honoring the continuing bond we share with them. Join us for a meaningful gathering of reflection, music, candle lighting, and spiritual practices. Those of all faiths and philosophies are welcome. *Optional: Bring a photograph or small memento of a loved one you wish to honor for our remembrance table. We'll also have a potluck snack table – so bring a loved ones' favorite snack to share if you choose.* Candles will be provided. **Limit 20.**

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## Ongoing Support

**Healing Circle Small Groups** with certified Spiritual Director, Shea Darian (Monthly Aug-Dec)

If you are navigating loss, death, or life-shifting change, you are invited into a small, confidential circle of trust. Through the practice of deep listening, we open to meaningful connection and the quiet unfolding of healing wisdom. 5–7 participants gather monthly for a five-session journey. Orientation is required. Suggested donation: \$20–35 per session. All are welcome, regardless of the ability to donate.

**One-to-one and family grief support** are also available by appointment on a sliding scale. To schedule a free 30-minute consultation, call Shea at 602-419-4043 or email [Connect@DoingGrief.org](mailto:Connect@DoingGrief.org).

**Come when you're grieving. Come when you're not.**

**Come to belong, hope, and heal your suffering from losses past, present, or future.**

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RSVPs are kindly appreciated and recommended. Walk-ins are welcome as space permits.

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**To RSVP: Call Banner Olive Branch Senior Center at 623-465-6000 or  
Email: [Connect@DoingGrief.org](mailto:Connect@DoingGrief.org)**