

Inner Sanctuary Wellness  
**Healing Hearts**  
**Grief Share & Support Group**



This is a safe space for one and all who need a listening ear, empowerment and courage to deal with trauma, grief and loss. This is for you if you have lost a dear one, a pet, or need a hand to move on with life.

***Journey through Grief***

This is a 10 week structured support program to process grief and start healing using mindfulness, Dbt and energy regulating skills. We walk together holding space for each other, uplifting each other and connecting with each other.

**Connection**

We will meet on **Wednesdays, 6:00pm-7:30pm** virtually. Google meet link will be sent on registration. Respecting the confidentiality of the participants, the meetings will not be recorded. The resources shared will be emailed to the participants registered.

**Facilitator**

Monica Kamran is a Certified Energy Healer, Death Doula, Stress Management Coach, Emotion Code & BARS practitioner, Mindfulness & meditation Instructor

***Program Overview***

Each week we will share our journey, our story, our life  
 Review stages of grief with the help of videos & articles  
 Practice mindfulness techniques to restore calm  
 Discuss the theme of the week  
**Energy Exchange is \$275 per participant.** Payment by Zelle, Venmo, Paypal

***A Unique Journey***

We all have a unique journey. Join in to be heard, Join in to connect with others who share grief in common. Join in to just be. Sometimes just being present helps- not to participate, not to be seen, just being present. This is what 'Healing Hearts' is all about.

**Contact**

monica.kamran@innersanctuary.xyz

[www.innersanctuary.xyz](http://www.innersanctuary.xyz)

**Registration Link:**

<https://healingwithmonica.as.me/griefshare>