

# Moving Through Grief

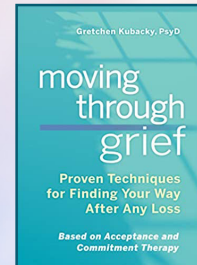
with Rev. Kathy McCall

**Wednesdays: February 9–March 16, 2022 (6 weeks)**

**7:00–8:30 PM (CT) • Online • Love Offering**

*Based on the book by the same name: Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss, by Gretchen Kubacki, PsyD*

In this class we will delve into many of the book's exercises to get back to living a fuller, richer life. It provides a step-by-step plan for relieving grief and sadness, regardless of the cause.



## In this class we will:

- Discover acceptance and commitment therapy (ACT)
- Learn techniques for greater psychological flexibility
- Accept the reality of your loss and develop a healthier context
- Transform your relationship with grief and increase your resilience
- Develop skills and abilities that can help you thrive

Six tools used are: values, committed action, acceptance, being present, “cognitive defusion”, and self-as-context.

Our ministry is still in transition with new leadership and with COVID, and six congregants have passed away within a two-year period. The community is not the same since our return to live services. In addition, many have lost loved ones through this time, and we have all had our own sadness over the pandemic and the state of the world. Let us take time to move through our grief together.

*Community support for your spiritual path*



Rev. Kathy McCall has been a lifelong spiritual seeker. She has served six different churches as a Unity minister and is currently serving at Unity North Spiritual Center in Coon Rapids, Minnesota. An astrologer, dream worker and storyteller, she has taught and facilitated workshops for over 35 years. She is the author of the book *The Unorthodox Life: Walking Your Own Path to the Divine*.



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