



Extension
UNIVERSITY OF WISCONSIN-MADISON



Companions Through the Wilderness

On your healing journey from loss and grief

If you have experienced loss of a loved one or other significant loss, consider joining us for this confidential healing experience.

Classes begin March 5, 2024

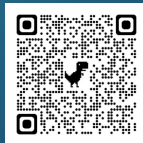
5:00 - 7:00pm

**Durand Community Center
Durand, WI**

Materials include *"Understanding Your Grief"* book and journal which focus on the *Ten Essential Touchstones for Finding Hope and Healing Your Heart*.

**For more information
and to register,
contact:**

Mary Campbell Wood
Extension Buffalo/Pepin Counties
608-418-0717
mary.campbellwood@wisc.edu



- 10-Session Class
-
- Led by Grief Support Specialist
-
- Education on grief, mourning, & healing process
-
- Meet weekly on Tuesdays
-
- Pre-registration required



This educational and supportive program is offered in partnership with Hope4U Buffalo, Pepin Trempealeau Counties