



**Edina Coalition for Grief Support
Art Of Grief Retreat
Kris Norman, Certified Grief Educator**

**Sunday September 27, 2026
1:00-4:30pm**

The *Art of Grief Retreat* offers a gentle, creative space for those navigating loss to witness, honor, and process their grief through the healing power of artistic expression. Participants will be invited to explore creative practices that resonate most deeply with their own grief journey. No artistic experience is needed.

This retreat is not about artistic skill but about expression and meaning-making. Through guided prompts, individual reflection, and open time to create, participants will develop projects that embody their unique experiences of grief, loss, and love.

Together, we will build a compassionate community where every story is welcome—whether your grief is recent or from long ago, whether you mourn a loved one, a relationship, health, community, or another profound loss. No matter the form grief has taken in your life, you are invited to come as you are, to create, to rest, and to be held in the presence of others who understand.

Schedule:

1:00pm--gather "Witnessing our Grief"
2:00pm-- Demonstrations of art choices
2:15-3:45pm--time to work on art projects and reflections
3:45-4:30pm--Gathering--Sharing our art

Cost: The workshop is free but donations to the Edina Coalition for Grief are encouraged



Facilities:

Edina Senior Center
5280 Grandview Square Classroom 3
Edina, MN 55436

Sign-up by:

- [Click link](#) or scan QR code to register
- or contact Kris Norman at normankris74@gmail.com