Raymee Grief Center

THE LIGHTHOUSE®
CENTER FOR WELLBEING

EVENING OF REMEMBRANCE

Finding Light Through Grief

Monday, November 23rd
7pm to 9pm



Grief is something we carry, but it was never meant to be carried alone.

Join us for an evening of light, love and remembrance. Together as a community, we will come together and create a space for reflection, shared stories, and gentle rituals to honor the loved ones we hold in our hearts.

THE EVENING INCLUDES

- **Grief Literacy and Meaning-Making:** an exploration of how we understand and live with grief
- **Stories of grief**, shared by those who have lived it
- **A moment of silent remembrance** and collective lighting of the Remembrance Trees
- **Gentle activities to remember** and honor your loved one
- **Reflections** from our Grief Center clinicians
- **A closing meditation** and healing ritual

WHO THIS EVENING IS FOR

- Those grieving the loss of a loved one
- Those supporting someone who is grieving
- Those anticipating a loss
- Anyone wishing to understand grief more deeply

We welcome you to bring a photograph or keepsake of your loved one to share during the evening.

REGISTER

Suitable for ages 18+ years.

This event will take place in-person at The LightHouse Arabia.

A portion of the event will be streamed Live on Zoom, for those who wish to attend online instead.

IN-PERSON REGISTRATION

ONLINE REGISTRATION

We believe that no one has to grieve alone.

lighthousearabia.com/events