



## About the Presenter

Dr. Alan D. Wolfelt is a noted author, educator, and grief counselor. Recipient of the Association for Death Education and Counseling's Death Educator Award, he

serves as the Director of the Center for Loss and Life Transition ([www.centerforloss.com](http://www.centerforloss.com)), in Fort Collins, Colorado. He is also a faculty member of the University of Colorado Medical School's Department of Family Medicine.

In addition to presenting dozens of keynotes and workshops across North America each year, Dr. Wolfelt facilitates 4-day training seminars for bereavement caregivers in Fort Collins. Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television shows, newspapers, and magazines.

He is the author of more than fifty bestselling books on grief and loss, including *Companioning the Bereaved: A Soulful Guide for Caregivers*; *The Depression of Grief*; *Loving From the Outside in*, *Mourning From the Inside Out*; *Understanding Your Grief*; *The Journey Through Grief*; *Healing a Spouse's Grieving Heart*; *Companioning the Grieving Child*; *Healing a Parent's Grieving Heart*; and *Creating Meaningful Funeral Ceremonies*.

Dr. Wolfelt and his wife Sue, a family physician, are parents to three children. They live in the foothills of the beautiful Rocky Mountains next door to the Center for Loss and Life Transition.

For more information, grief resources, or to register for trainings, please visit his website,

[www.centerforloss.com](http://www.centerforloss.com)



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# Exploring the Need to Grieve and Mourn: Helping Yourself, Your Family, and Your Friends A Community Seminar

Featuring Alan D. Wolfelt, Ph.D.  
Author – Educator – Grief Counselor

March 22, 2016  
6:00 p.m. - 9:00 p.m.



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**Featuring Alan D. Wolfelt, Ph.D.**  
Author – Educator – Grief Counselor

Tuesday, March 22, 2016

6:00 p.m. - 9:00 p.m.

5:30 p.m. Registration

6:00 p.m. Program

9:00 p.m. Adjourn

Located at  
Rochester Museum and Science Center  
657 East Avenue  
Rochester, NY 14607

## Purpose

We look forward to having you join us for this evening of hope and healing. Come learn important principles for helping yourself, your family, and your friends. This practical, heart-based program will assist you as you mourn the death of someone in your life and learn how to be of support to family members and friends.

## Why this Program

The capacity to love requires the need to mourn when someone you love dies. Don't miss this opportunity to spend an evening with one of North America's leading grief counselors and authors, Dr. Alan Wolfelt. He can and will help you feel support in your grief!

## Who Should Attend:

This compassionate program will be helpful to those who are experiencing grief in their lives. If you know anyone who may benefit from this opportunity to embrace hope and healing, please let them know about this program. We look forward to having you with us.

## Agenda

Among the content areas to be explored in this program are the following:

- Understanding the Concepts of “Special Needs” and “Convalescence”
- Exploring the Need to Authentically Mourn
- Recognizing the Uniqueness of Your Personal Grief
- Identifying Six Needs of Mourning
- Determining Principles for Supporting Family and Friends in Grief
- Re-Awakening Your “Divine Spark”

## Complimentary Registration

Registration requested by March 18, 2016.

RSVP to Bartolomeo & Perotto Funeral Home,  
585-720-6000 or [dave@bartolomeo.com](mailto:dave@bartolomeo.com)

Handout materials and refreshments are included.