



# *Sharing and Caring*

*A Mindfulness Based  
Bereavement Support Group  
Rm 334, Student Services Bldg Fri-  
Fridays, 4–5 p.m.*

*For those who have not lost a loved one,  
no explanation will do.  
For those who have,  
no explanation is necessary*

*Mary Lingle, The Compassionate Friends*

*When a loved one dies, we are forever changed.  
The plethora of emotions that we experience  
can be overwhelming, difficult to understand,  
and challenging to deal with on our own.*

*Connect with others who are also mourning the loss of a loved one. Through activities, conversation and mindfulness practice, participants share laughter, tears, and more. By giving and receiving support, the grief journey becomes less lonely. Facilitated by a licensed psychologist.*

*Register online or feel free to drop in. It's suggested you come about 10 minutes early.*

*If interested, you can join that day.*

*For more information, contact Karen Cone-Uemura  
kcone-uemura@sa.utah.edu or 801-581-6826.*