



We don't often get to choose if or when we grieve, but we can choose how we grieve.

Transformative Grief

Adapted from the original by Dr. Bill Webster

We don't often get to decide if or when we grieve, but we can choose how we grieve. Transformative grief strives to validate, encourage and empower you to live with, grow through and ultimately become transformed by your grief. Doing so takes guts, courage, vulnerability and the openness to allow ourselves to be meaningfully transformed.

Loss is personal and can take many forms:

- The death of a loved one
- The end of a career
- The end of a marriage or friendship
- The loss of independence
- Serious illness
- Moving
- and many others

Grief is one of life's greatest teachers. It teaches us who we are, want to be, and can become. Grief introduces us to the possibility of our own resilience. Through our grief, we can learn to live with a deeper awareness and appreciation for healthy connection, meaningful growth, and intentional purpose. Grief shows us on a cellular level that change is inevitable. We can not escape loss. With awareness, we can make choices that allow us to grow, evolve and ultimately transform to find deeper meaning in our lives.

Please visit the website: <http://transformativegrief.com/> ■



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1673 York Street

Denver, Colorado 80206

303.322.7764

www.FeldmanMortuary.com