

*We look forward to  
having you join us for  
this evening that gently  
embraces the reality  
that the capacity to love  
requires the necessity  
to mourn.*

**HORAN & McCONATY**  
Cremation • Burial • Pre-Planning  
Compassionate • Professional

**Heartlight**  
Center  
A gathering place for grief support, education and comfort

11150 E Dartmouth Ave.  
Denver, CO 80014

Loving  
*from the*  
OUTSIDE IN  
Mourning  
*from the*  
INSIDE OUT  
♡

ALAN D. WOLFELT, PH.D.

*Join us for  
an informative evening  
with  
Dr. Alan Wolfelt*

A program for grieving people

**Monday, September 17, 2018  
from 7-9 p.m.**

## WHY THIS PROGRAM?

This is an opportunity to learn some essential information that Dr. Wolfelt has learned in his three decades of “companioning” thousands of people in grief. Don’t miss this opportunity to learn from a best-selling author about how to integrate grief into your life, your living, and your loving. If you know anyone who would benefit from this opportunity to embrace hope and healing, please let them know about this program. We look forward to having you, your family, and your friends join us.

## PURPOSE

Dr. Alan Wolfelt is one of North America’s leading grief counselors and the author of many best-selling books about healing in grief. This compassionate program will acknowledge that if we didn’t love, we wouldn’t need to mourn. The content of this evening’s program is based on Dr. Wolfelt’s book, *Loving From the Outside In, Mourning From the Inside Out*.

## AGENDA

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

- Introduction: Loving From the Outside In, Mourning From the Inside Out
- Exploring the “Ripple Effect” of Grief: Loss of Self, Security, Meaning
- Describing Potential Dimensions of Your Response
- Identifying Six Central Needs of Your Mourning
- Befriending Hope and Transformation: Love Goes On in the Face of Your Grief
- Reflecting On Your “Bill of Rights” as a Mourner

**FREE PROGRAM but must RSVP to attend.**



## 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.

Dr. Wolfelt is the author of more than fifty bestselling books on grief and loss, including:

- *Loving From the Outside In, Mourning From the Inside Out*
- *Understanding Your Grief*
- *The Journey Through Grief*
- *Companioning the Bereaved: A Soulful Guide for Caregivers*
- *Healing a Spouse’s Grieving Heart*
- *Companioning the Grieving Child*
- *Healing a Parent’s Grieving Heart*
- *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.

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**RSVP:** 303.745.1771 Option 3  
[info@heartlightcenter.org](mailto:info@heartlightcenter.org)

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**Date:** Monday, September 17, 2018

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**Time:** 7–9 PM

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**Where:** Horan & McConaty  
5303 E. County Line Rd. at Holly Street  
Centennial, CO 80122

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*presented by*

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