



# *living with* **grief**

**WEEKEND  
PROGRAM**



## Are you struggling to manage grief and loss?

The death of a loved one leaves us feeling profoundly sad – but we can also feel angry, disoriented, lost, stuck, bitter, confused or bereft of our identity. Grief can be a bleak and lonely place, but our Living with Grief program can shed light in the darkness and help you find a pathway forward.

Gain invaluable support in managing powerful emotions and coping with grief triggers. Through meditation, mindfulness, exercise, and self-care, you'll find peace and foster forgiveness. Connect with others, grow in wisdom, and heal together at the Quest for Life Centre in Bundanoon in the beautiful Southern Highlands of New South Wales. ✨

31 OCT - 2 NOV 2025

*"You have helped me make sense of my grief and this has helped me come to peace."  
– Ron, participant of Living with Grief program*

### You'll leave the program:

- Understanding the complexities of grief.
- Feeling less isolated and more empowered to navigate sorrow and loss.
- With practical tools for self-care and self-nurturing.
- Knowing how to meditate and live mindfully.
- Understanding yourself more deeply.
- Inspired to heal a broken heart and with an enlivened spirit.



### FINANCIAL HELP AVAILABLE TO ATTEND OUR PROGRAMS

*The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.*

LIMITED PLACES – CALL TODAY:  
**1300 941 488** [questforlife.org.au](https://questforlife.org.au)

