

YOUTH GRIEF WORKSHOP



Description

A member of Tubman’s Movement for Violence Prevention (MVP) program will be hosting a four part workshop with an emphasis on grief because it is something that we all have experienced in the past, present, or will in the future. The goal of this program is to educate and support youth because we are an underrepresented community.

Who Can Join

All youth and young adults are welcome

Curriculum

Part 1: Identifying and Defining Grief

Part 2: Analyzing Grief

Part 3: Practicing self-compassion

Part 4: How has grief shaped you?

Location

Tubman’s NorthStar Youth Outreach Center

Address: 3001 White Bear Avenue #2006, Maplewood MN, 55109