

When the Circle Shifts: Navigating Through the Grief Process

October 7, 2026

1:30-3:00pm MT

A gentle space to understand your grief. This presentation provides practical guidance to help you process the end of a partnership—whether through a loved one making their journey home or a personal separation. It offers tools to honor what was, protect your energy, and find steady footing when your closest circle has shifted.

*****Please note that this session will not be recorded or uploaded to our website.***



Learning Outcomes (Aligned with The Medicine Wheel):

- (Physical/West) - Understanding the physical toll of grief, and learn how loss and transition impact your body, sleep, and physical energy
- (Spiritual & Emotional/East & South) - Managing trauma and triggers, such as gaining gentle, trauma-informed tools to handle sudden waves of memory, loneliness, and shifting family circles
- (Mental/North) - Re-defining your daily circle, and learning to discover practical self-advocacy tips for protecting your boundaries, navigating Western institutional demands, and managing your evolving identity

Speakers:

Deborah Colling, Aistoh-Kommi-Aki (Coming-Thunder Woman) - Deborah operates a private psychology practice in the Lethbridge area. Having previously led supportive grief groups, she walks alongside others with a deeply personal understanding of the grief process.



Target Audience: Anyone who is grieving the loss or separation of a partner

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<https://fntn.ca/Home/Registrar-VC?eid=23091>

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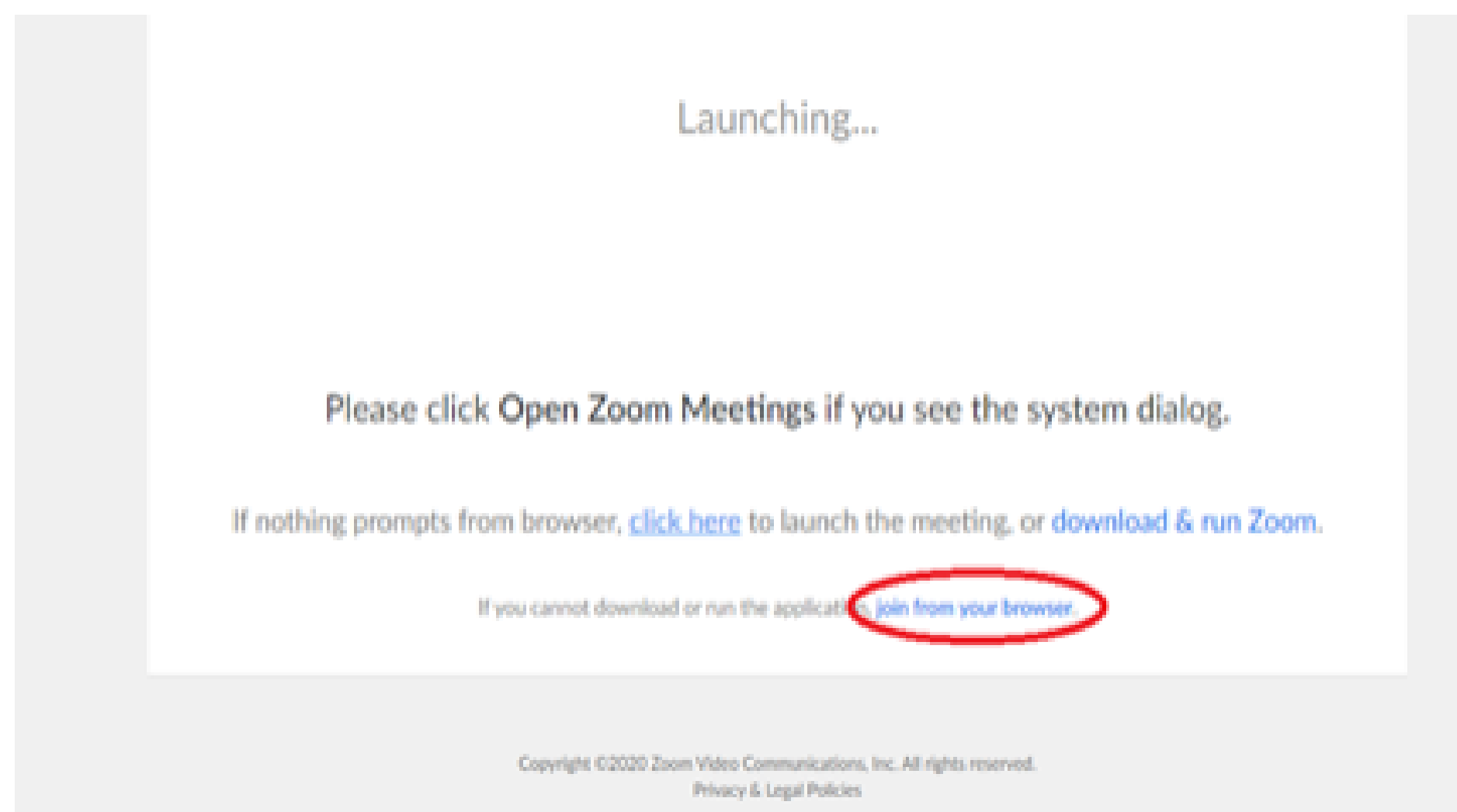
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