

## SPRING OFFERING

### **Making Space: A Reparenting Ritual**

An annual public reiki and restorative workshop honoring complex grief & relationships over 'mothers/fathers' day holidays, facilitated by Jenna Block LICSW and Kenlee Valleskey, LPC

*"It's not the weight you carry but how you carry it—books, bricks, grief—it's all in the way you embrace it, balance it, carry it...when you cannot, and would not, put it down." -Mary Oliver*

In months that hold celebrations around traditional "mothers" and "fathers" day caregivers, we invite you into a reparenting ritual for adult children healing from complex grief with caregivers in any form—living or deceased—who are craving a space to destigmatize grief and not go it alone.

In this reparenting ritual, we seek to reclaim our collective right to grieve *and* be held in community wherever we are in our reparenting journey. Gatherings will be two hours integrating light touch/hands on reiki and gentle restorative practice centered on values of safety, nurture and connection.

So. If you're craving more support around your grief with a caregiver,  
If you're used to pushing through or dreading these holidays,  
If you're at once a little unsure but also curious....  
*We want you here.*

To not holding it alone, together.  
Kenlee & Jenna

*We acknowledge these gatherings make space for not only complex grief with caregivers, but complex emotions and sensations.*

*We approach our gatherings from a trauma-informed lens that focuses on choice, options and always moving in ways and postures that honor what you need that day.*

**Location: Yess Yoga, Mpls**

**\$60, 12 spots available, first come, first serve.**

*\*2 spots are reserved at a reduced rate for anyone whom cost is a barrier at this time*

**Registration & FAQ will be posted here, opening in April.**

**Any additional questions? Don't hesitate to contact Kenlee or Jenna:**

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