

# Healing the Parent & Grandparent Within

Doing Grief™ Community Healing Project at the Palms



WEDNESDAY, NOVEMBER 15, 6-7:30 P.M.

## “Healing the Parent & Grandparent Within” with Vanessa Chamberlain

Come and explore the full spectrum of emotions that accompanies being a parent and/or grandparent, and the healing power of love, faith, and forgiveness. Through guided meditation, written reflections, sharing, and blessing, we will discover how healing ourselves helps us to heal our relationships with our parents (living or deceased), and the children and grandchildren we love.



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“When we are no longer able to change a situation,  
we are challenged to change ourselves.” ~ Viktor Frankl

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**What is Guided Meditation?** Guided meditation is a contemplative practice led by the voice of another to reflect or meditate mindfully on a focused intention. It may include breathing practices, visualization, silent interludes, or auditory prompts. Guided meditation can result in stress and anxiety reduction, a heightened ability to focus, relaxation, and an expanded sense of awareness to one’s inner life and spiritual connectedness.

Suggested Donation: \$5-10

Interfaith Chapel for Healing – The Church of the Palms  
14808 N Boswell Blvd, Sun City, AZ 85351



Vanessa Chamberlain

“The cave you fear to enter  
holds the treasure you seek.”

– Joseph Cambell

**Vanessa Chamberlain, M.A.** is the founder and director of the Cultural Wellness & Family Enrichment Center and Childhood Wellness Project, and creator of the *Guardians of Childhood* program, to address 21<sup>st</sup> century issues from a holistic perspective that are causing a youth disconnection crisis that leads to a lack of meaning and sense of hopelessness for our young people today. Vanessa works with adults, empowering them to access their inherent wisdom as it relates to healing themselves – and the children for whom they care – in mind, body, and spirit.

Kindly RSVP on the “Healing Project” page at [DoingGrief.com](http://DoingGrief.com) or Email: [Connect@DoingGrief.com](mailto:Connect@DoingGrief.com)