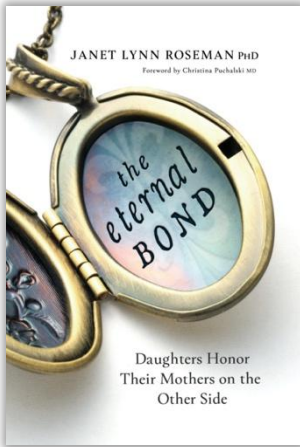


GRIEF EMPOWERMENT WORKSHOP with Dr. Janet Roseman



Where: Books on the Bosque

6261 Riverside Plaza LN NW, Albuquerque, New Mexico

When: November 15, 3-4:30

I invite you to attend a free grief empowerment workshop using arts based medicine based on my new book: *The Eternal Bond: Daughters Honor Their Mothers on the Other Side*

In this workshop, we will create a grief empowerment shield using arts-based medicine techniques and meditation to offer support and reflection about the grief process. No art experience is needed. Art supplies will be provided during the workshop.

Medicine shields were always sacred symbols and reflected the personal vision or MEDICINE of the Native American warrior. They were carried in battle for spiritual protection. Pictures, sacred symbols, and objects were painted or attached to the shield. MEDICINE means POWER.

Discover your personal medicine for grief empowerment with us!

Space is limited. Please confirm your participation by calling the store:

505 525 9114. Email: jroseman@nova.edu for additional information.



JANET LYNN ROSEMAN, PHD, is an Associate Professor in Integrative Medicine at the Dr. Kiran Patel College of Osteopathic Medicine. She teaches courses in Spirituality and Medicine, Art and Medicine, and Death and Dying for medical school students. She received the first Joseph Moore President's Award for her work in oncology and spirituality from Lesley College and was the David Larsen Fellow in Spirituality and Medicine at the Library of Congress. Written by a therapist and healer who truly

understands this loss, *The Eternal Bond* helps healthcare professionals and adult daughters who feel alone navigate their grief journey. This book not only shares moving stories, original research, and tools for well-being but also assures you that your journey does not have a set timeline. You are valid in needing more time to process or experiencing supernatural signs that your mother is still with you. This book fills a void in grief publications and sheds light on the sacred bond between mothers and their adult daughters.