



**Karolyn Brenny is a holistic wellness provider and is grief support certified. She has spent most of her adult life bringing compassionate healing to her clients, and teaches healing techniques to other providers.**

- ◆ Creator of KIHHS Therapy - *Healing from the Outside In*
- ◆ Certified Integrated Energy Therapist and Master Instructor
- ◆ Certified Craniosacral/Somatic Release Therapist
- ◆ Certified Vibrational Healing Therapist & Instructor
- ◆ Certified Visceral Manipulation Therapist



and



## Mindful Mourning

A holistic approach to living with grief

Brenny Family Funeral Chapel  
7348 Excelsior Road  
Baxter, Minnesota 56425

## Mindful Mourning

This seminar is facilitated by Karolyn Brenny, a grief support specialist at Brenny Family Funeral Chapel. The only cost to you is your time invested.

Our goal is to provide a practical combination of current, research-based information and useful self-help tools that will enable participants to better anticipate and manage their grief symptoms in a healthy, holistic way.

At the completion of a Mindful Mourning seminar, participants will be able to:

- ◆ Identify the common and normal physical, emotional, mental, and spiritual symptoms of grief.
- ◆ Experience the opportunity to share with and learn from others who are living with grief.
- ◆ Choose and incorporate at least two holistic tools for dealing with personal grief symptoms.
- ◆ Identify at least one short-term and one long-term goal for adapting to living without their loved one.

Participants are asked to be respectful of others feelings, be trustworthy and honest, and be open-minded during this seminar.

## Registration

Your only cost is your time invested. All seminars are held at the Brenny Family Funeral Chapel in Baxter. Supplies are included, and snacks and beverages are provided.

You may register for one general seminar and as many topic seminars as you wish.

**To register please call 800-824-5051**

**or email us at: [wecare@brenny.com](mailto:wecare@brenny.com)**

After registration, you will receive a phone call from Karolyn to confirm and schedule your seminar(s) and answer any questions.

*Professional care providers are welcome to attend seminars, with prior facilitator approval.*



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## More Coming Soon

Please watch our website, [www.brenny.com](http://www.brenny.com), for these new and developing seminars:

**For Adults:**

- ◆ **Widowhood**
- ◆ **Loss of a Child (including miscarriage)**
- ◆ **Children's grief - a parent's guide**
- ◆ **Surviving Traumatic Death, Accidents and Suicide**
- ◆ **Grief During the Holidays**

All grief support seminars are open to any adult who has experienced the death of a loved one.

**For Children:**

- ◆ **Grieving Children - Loss of a Parent or Sibling**

There is no cost. Supplies are included, and snacks and beverages are always provided.

