



NAVIGATING LOSS RETREAT

A DAY OF HEALING AND RENEWAL

HOW TO SPONSOR

This day-long retreat fills a deep need for people who are grieving and moving through the tough transitions of loss. Persons who benefit from this retreat include widows and widowers, those who have been through a divorce, have a life-changing illness, are caregiving for a spouse, lost their job, or experienced the recent death of a child or parent.

NAVIGATING LOSS is facilitated by Donna Marie Todd, a widow and Certified Grief Recovery Specialist®. Donna Marie has helped hundreds of people navigate the personal, spiritual, social, and financial challenges of these life changes through these healing and inspirational retreats.

NAVIGATING LOSS is a one-day event, typically starting at 10 a.m and ending at 4:30p.m. The event includes lunch, snacks, retreat leadership, and a take-home workbook. It is a fun and upbeat event that is filled with laughter and support. The retreats are designed for all grievers, men and women.

**"If I were asked to describe this retreat in one word,
I would use the word POWERFUL."**

Jennifer Cox, Bereavement Coordinator, UPMC Hospice, Altoona PA

"The founder is an excellent presenter. The program is so well-designed."

Donna, retreat participant

"It's excellent and empowering!"

Cappy Tosetti, retreat participant, Elder Hostel Presenter

"Donna Marie Todd's retreat leadership blended personal experience and professional skills to engage, validate, empathize, educate, and grow the retreat guests. Her open, honest, and entertaining personality put the guests at ease with the retreat format, with each other, and most importantly with their grief." Brittany Feathers, BSW, Pittsburgh, PA

WHAT YOU PROVIDE

The sponsor provides A Widow's Tale with a flat fee of \$1695 for the event (plus 2 nights overnight lodging and travel if required). The sponsor also provides the following: promotion of the event, the space and janitorial services for the event, a catered lunch, snacks and beverages.

WHAT WE PROVIDE

NAVIGATING LOSS provides experienced, insured, and certified retreat leadership as well as a take-home workbook for each participant with the information and worksheets presented during the retreat. We also provide all art materials for the retreat.

PROMOTING NAVIGATING LOSS

It is extremely important to actively promote the event to ensure success. As a host or sponsor, you will promote the event to your group and community by:

- **CONTACTING GRIEVERS IN YOUR COMMUNITY**
 - Sending press releases and calendar announcements to local papers and radio stations
 - Posting flyers (You will receive a pdf of a color poster for your event that can be printed on any color copier or desk top printer)
 - Posting event information in organizational bulletins and newsletters.

Travel and Housing Details for Retreat Leader

If your location is further than 100 miles from the Asheville, NC area you will need to provide overnight lodging for the retreat leader for 2 nights. If your event is further than 250 miles from the Asheville, NC area, travel expenses (mileage or air fare) will also be required.

Want to Learn More or Schedule A Retreat?

Contact the founder, Donna Marie Todd, at 828.407.6023.

