

# Seminar on separation from loved ones

## *Grief and Mourning*

Saturday, February 23, 2013 at 2:00 p.m.

### Buddhist Church of Santa Barbara Seminar (*Free of charge*)

#### Facing Life's Challenges

*Practical advice and Buddhist wisdom*

The Buddhist Church of Santa Barbara welcomes you to join us for an eight-part seminar series exploring life's challenges through the First Noble Truth taught by the Buddha: we all face difficulties and dissatisfaction in our lives.

#### **Featured Presenter:**

### **Sam Geli**

Grief Counselor

Visiting Nurse & Hospice Care of Santa Barbara

- Grief: What is it? How does it feel? What are the symptoms?
- What are the stages of grief?
- How can we heal our grief?
- How can we help others who are grieving?
- What resources are here in the community for grief counseling?

*The seminar will conclude with a discussion of Buddhist perspectives on grief and mourning led by Rev. Henry Toryo Adams of the Buddhist Church of Santa Barbara.*

#### **Tentative Schedule**

2:00-2:05 Welcome and introduction by Rev. Adams

2:05-3:10 Presentation by Sam Geli

3:10-3:15 Break

3:15-3:35 Question and answer panel with Sam Geli

3:35-3:50 Break

3:50-4:30 Discussion led by Rev. Adams

For more information, please contact Rev. Adams at Buddhist Church of Santa Barbara  
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