

I attended my first Beginning Experience 13 months after the death of my husband. I was a little anxious of what to expect from the weekend but I was curious. By Sunday afternoon I felt a sense of camaraderie, I knew I wanted to belong to this group. To have a listening ear, care, concern, and acceptance was huge for me. I was allowed to be where I was at in my grief and reassured all was normal in the grief process. I have continued with Beginning Experience as a facilitator and this has also been an important journey in helping me to move through the stages of grief and pain fully. I have met some wonderful people on the same journey who are willing to share their pain and loss to enable others through this process to acceptance and healing.

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