

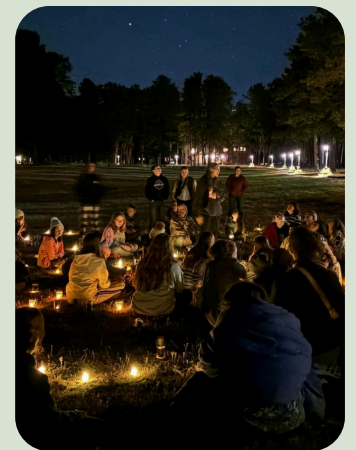


### WHOLENESS & WELLNESS: SEPTEMBER 13 - 15, 2024

Refresh your spirit with time to connect to nature, your body, and your deep self. Storytelling, movement, mindfulness, creative expression, and even massage and acupuncture will all be options in this retreat designed for your refreshment and re-centering. Open to all. Kids welcome. Tiered prices and scholarships are available.

### FALL YOUTH RETREAT: OCTOBER 18 - 20, 2024

An exciting weekend for Middle and High School youth to explore their beliefs and strengthen friendships within their church and the Rocky Mountain Conference (UCC) community! This experience normally includes games, outdoor exploration, music, art, a dance, and all kinds of fun that relate back to a faith theme for the weekend. All middle and high schoolers are welcome! Scholarships available.



### GROWING WITH OUR GRIEF: NOVEMBER 8-10, 2024

Come join us for a weekend of support for all of us experiencing grief from the loss of a loved one. All ages are welcome. The overarching goal is to work towards integrating our grief to find meaning and purpose. If we can grow from our grief we can work towards healing ourselves and our world. Scholarships available.

Visit <https://www.laforet.org/refuge> to learn more and register today!

**BELONG. BE WELL. BE HERE.**