



Grief Retreat

Step away from the noise and distractions of daily life and into a sanctuary designed for healing at Lake Tahoe.

Grief is not meant to be carried alone. From our earliest beginnings, human beings have relied on one another to survive loss, make meaning, and restore a sense of belonging. Even in the most painful seasons, we are wired to grieve in relationship. In this weekend retreat, grief will be met with care rather than urgency, and with community rather than isolation.

A Grief Recovery Retreat Rooted in *The Wild Edge of Sorrow*

Grounded in Francis Weller's understanding that grief is both personal and communal, this grief recovery retreat reframes sorrow as a natural expression of love and belonging. Here, grief is not treated as something to fix or move beyond. Instead, it is welcomed as a doorway into deeper resilience, meaning, and connection.

What to Expect at This Grief Recovery Retreat

Participants are guided through a thoughtfully paced experience that balances reflection, embodiment, and rest. There are guided grief practices, small group sharing, group circles and ritual and time in nature, all in a trauma-aware environment that prioritizes safety, choice and pacing.

Who, When & Where:

March 27 - 29, 2026

- **Galilee Episcopal Camp and Retreat Center**, Glenbrook, NV
- The weekend cost includes shared lodging, meals and all program activities.
- Cost per person is \$450 in Derby Talbot Lodge; \$425 in Frensdorff Lodge; \$395 for Lewis or Delamar Cabin; \$375 for Tuscarora Dorm; \$350 for Aurora Dorm; and Commuter Rate for \$275. There is a deposit of \$75 per person.



Monica Campbell, LMFT, is the founder of Restoring Relationships and is a Marriage and Family Therapist who helps people to safely share their most vulnerable emotions and needs. Monica works with those in grief, children, teens, families and couples, supporting them on their path towards creating self acceptance and peaceful, enjoyable connection for over twenty years.



James Carr, LCSW, specializes in helping adults navigate life's challenges, emotional suffering, and internal conflict. With advanced training in Internal Family Systems (IFS) and Somatic Experiencing (SE), James offers an integrative, trauma-informed approach that supports deep healing and lasting change. His clinical work is also informed by his personal exploration of loss and mourning—James has attended multiple grief retreats and completed a six-month grief internship, experiences that continue to shape his understanding of how we carry and transform grief.

Register at galileetahoe.org