

BakkenYoung

Funeral & Cremation Services

Join us Tuesday, December 9, 2025
for a viewing of our *pre-recorded* webinar:

Mindful Holidays: Navigating Grief with Compassion and Presence

FREE! From 6:30 - 8:00 PM



The holiday season can intensify your sense of loss, affecting your mind, body, and heart.

Whether you are newly bereaved or have been walking this path for some time, this webinar will offer you a deeper understanding of how to integrate mindfulness into your holiday experience, fostering resilience and self-care.

Heather Stang, MA, C-IAYT, is the author of Living With Grief (formally Mindfulness & Grief) and the guided journal, From Grief To Peace. She holds a Master's Degree in Thanatology from Hood College, and is a Certified Phoenix Rising Yoga Therapist

We will watch the webinar together and pause for dialogue/questions at the end.

Register at: bakken-young.com/event/winter-2025

**Questions? Contact Julia Rajtar, Grief Support Coordinator
(715) 781-4003 or julia@bakken-young.com**

Bakken-Young Funeral & Cremation Services

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Visit our grief support page for more information on events and resources at: bakken-young.com