

JOIN THE MOVEMENT COMMUNITY



A DIFFERENT KIND OF GRIEF GROUP.

Join your local E-Motion facilitator & community for an 8-week, in-person, walking, running, and hiking-based grief group **for individuals who have experienced a life-disrupting loss of a person.**

THE EXPERIENCE:

- Led by a trained E-Motion Facilitator
- Meet weekly with your small group of 15-20 grievers for shared movement and ritual
- Receive support between gatherings: poems, music, and grief-informed reflections to deepen your experience



MOVE WITH US.



MAY 10 - JUNE 28, 2026

JERSEY CITY, NJ



VISIT EMOTION-MC.ORG/LOCATIONS TO LEARN MORE & SIGN UP