



CHRIST THE KING  
RETREAT HOUSE & CONFERENCE CENTER  
Recharge • Renew • Refocus

# A HOLE IN YOUR HEART - MOVING THROUGH GRIEF

ALL YOU WHO ARE DEALING WITH LOSS OF ANY KIND ARE INVITED TO JOIN US FOR AN EXPERIENCE OF "MOVING THROUGH GRIEF" WITH NANCY LIGHT, FORMER DIRECTOR OF FRANCIS HOUSE. LEARNING ABOUT THE VARIOUS ASPECTS OF GRIEF, RESILIENCE AND THE EXPERIENCE OF OTHERS IS A WAY TO MOVE THROUGH YOUR OWN LOSS. THE DAY WILL INCLUDE A TEACHING ABOUT GRIEF, SOME REFLECTION TIME, OPTIONAL SHARING. IT MATTERS NOT HOW LONG AGO YOUR LOSS WAS, IF IT IS STILL FELT IN THE PRESENT, JOIN US OFFERING: \$30 INCLUDES LUNCH

Monday  
Nov. 14  
10 am - 3pm

Register at  
[www.ctkretreat.com](http://www.ctkretreat.com)  
or call 315-446-2680

*Nancy Light, BS, RN, MPS has worked in healthcare for over 45 years. In 1998 she joined the staff of Francis House in Syracuse, NY where she held positions as Resident Care Coordinator, Chief Operating Officer, and most recently serving as Executive Director until her retirement in December 2020. Ms. Light serves on the Professional Advisory Committees for Nascential Health (formerly VNA of CNY) and Hospice of Central New York and the Fingerlakes. Ms. Light continues to be guest faculty for the Nursing Division, Purcell School of Professional Studies at LeMoyne College. She has lectured on Servant Leadership, Compassion Fatigue and Resilience and The Social Model of Hospice Care. She also serves on the Department of Nursing Professional Advisory Board. Ms. Light is certified in Level One Advanced Care Planning and has presented End of Life Care Planning to community groups and individuals struggling with this topic. She is a founding member of the Omega Home Network.*



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