



# Meadowlark Retreat

***A Weekend Retreat for Mothers  
who have experienced the  
sudden loss of an adult child***

The **Meadowlark Retreat** will be a “residential” weekend retreat at Grace Ranch in Graton, CA (Sebastopol area). Grace Ranch is a beautiful private home that sits on 3 acres of lovely olive orchards and surrounded by nearby vineyards.

The retreat will begin on Friday April 23 in the late afternoon and will end on Sunday afternoon April 25. The weekend will be facilitated by two Kara Grief Counselors

Please join us for an informational hour  
at Kara, 457 Kingsley Avenue, Palo Alto  
([www.kara-grief.org](http://www.kara-grief.org) – for directions)  
on either Tuesday Feb 23 at 10 am  
or Thursday Feb 25 at 6:30 pm.

**RSVP** to Stacey Redman – 650-483-9912 or [Stacey.Redman@autodesk.com](mailto:Stacey.Redman@autodesk.com)

**Questions?** Please contact Stacey or Shelly Gillan at Kara 650-321-5272.

Meadowlark Retreat is being sponsored by the Tim Griffith Memorial Foundation  
and supported by Kara.

