STARBRIGHT GRIEF GUIDANCE LLC

BUILD-A-WORKSHOP

DATE: _____ **TIME:** _____

DESIRED OBJECTIVES:

1.

2.

3.

FOCUS:

- [ ] Grief
- [ ] Trauma
- [ ] Mental health + wellness
- [ ] Other:
- [ ] HYOH
  Hike Your Own Hike

DESCRIPTION OF REASON FOR WORKSHOP:

FORMAT:

(CIRCLE)

Hands on

Lecture

Combo

Indoor | Outdoor

AUDIENCE:

(CIRCLE)

Professionals

Students

Community members

Other:

SPECIAL REQUESTS: