

Join us for **A Grief Circle for USFWS**

**Monday, May 26 (Memorial Day)
4-5:30pm PDT / 7-8:30pm EDT**

**Date
Change!**

To maintain the integrity of the Circle, we ask that you arrive early or on time. The room will open 10 min before the session to settle in.
Please bring a candle or an object that connects to what you are grieving.

**Private Event. By invitation only. For more information,
please contact Info@InsightWorldAid.Org**

The USFWS is undergoing immense transformation right now. In times of loss, uncertainty, or profound change, grief touches us all — sometimes quietly, sometimes overwhelmingly. We invite you to join us for a Grief Circle for USFWS, a safe space to honor our sorrows, share our stories, and support each other in healing.

What is a Grief Circle?

A Grief Circle is a community gathering where we come together to openly acknowledge and tend to our grief — whether it stems from personal loss, collective trauma, ancestral pain, or the state of the world. Whether you're looking to be heard, offer support, or simply be present, your voice and presence are welcome.

Who can attend?

This invitation is for current and former members of the USFWS. We define members in an inclusive way, to include current and former employees, terms, contractors, fellows, interns and any affiliates that consider themselves part of the USFWS community.

The Grief Circle is offered by Insight World Aid, a nonprofit organization that offers care for caregivers and frontline workers to address stress and burnout.

Facilitators:

Kirsten Rudestam, Ph.D., offers one on one mentoring and provides workshops for schools, educators, non-profit institutions, and activist organizations to help develop the self-knowledge, emotional resilience and spiritual resource we need to sustain our commitment to learn and invest in this changing and increasingly precarious world.

Ram Appalaraju leads Insight World Aid, a nonprofit organization offering service and support to marginalized and underprivileged communities as well as frontline workers facing stress and burnout. In 2021-2022, as U.S. Fish and Wildlife announced the extinction of 23 species, Ram officiated a homage and vigil honoring the species.

For more information, contact Ram Appalaraju at ram@insightworldaid.org