



## Learn to Thrive Group

A Monthly Grief Support & Healing Group

**Led by Dr. Kimberly Hubenette**

Widow • Dentist • Author • Speaker • Podcast Host



Grief does not have a timeline — and you do not have to walk it alone. The **Learn to Thrive Group** is a compassionate, supportive community for individuals learning how to live without their loved one while honoring the love that remains. This group welcomes people at **all stages of grief**, whether your loss is recent or many years past.

### **Purpose of the Group**

- Provide connection and accountability during the overwhelm of grief
- Offer support without pressure to “move on”
- Help participants gently rebuild routine, meaning, and hope
- Foster healing through community



### **About the Facilitator**

Dr. Kimberly Hubenette is a dentist, fellow widow, author, and speaker who understands grief through lived experience. As a healthcare professional, she has spent decades caring for people during vulnerable moments. After losing her husband, she created supportive spaces rooted in compassion, connection, and healing. She is the host of the **Live Love Survive Thrive** podcast, leads outdoor healing retreats, and is the author of **GRID**.

Learn more about Dr. Kimberly Hubenette: [www.drkimberlyhubenette.com](http://www.drkimberlyhubenette.com)

### **Meeting Details**

**Daniels Chapel of the Roses • 1225 Sonoma Avenue, Santa Rosa, CA**  
**Second Monday of Every Month – 2026 • 4:30 PM**

**Next meeting: Monday, February 9<sup>th</sup> at 4:30 PM**

### **To Reserve a Spot**

**Daniels Chapel of the Roses • (707) 525-3730**

*Healing happens in community. You are not alone.*

