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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
May 26th 2021: Giving Grief Meaning

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When Lily Dulan gave birth to her baby girl, it seemed like the culmination to years of work to create the life she'd envisioned. Despite complications at the start, her child was given a clean bill of health and she and her husband joyfully headed home. But not long after, her beautiful baby Kala died of Sudden Infant Death Syndrome. None of the work she'd done in the past to heal from her traumas prepared her for this. But over time, she inched her way forward, creating meaning and deepening the practices she had already found, leading to revelations of her own calling in the world. Her passi

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Featured Guest



Lily Dulan

Lily Dulan is an MFT Psychotherapist with a master's degree in Psychology and a Master of Fine Arts in Creative Writing from Antioch University, Los Angeles. She played an instrumental role in starting the LGBTQ Affirmative Psychology specialization at Antioch University. Ms. Dulan holds a Master of Arts Degree in Teaching from Simmons College in Boston, Massachusetts and she is a certified Heart of Yoga Teacher. She studied Spiritual Coursework at Agape International Spiritual Center under the tutelage of Reverend Michael Bernard Beckwith. Lily created a heart centered system of healing and moving through trauma called The Name Work. After her first daughter, Kara Meyer Dulan, died at home

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