



Loss is difficult for everyone.
It can feel isolating and lonely.
You're not alone!

In August of 2019, Montage Support Services, initiated a community grief and loss group - a place of *understanding, care and support*. Those in our community whose loved ones may have had a disability or life challenges will especially appreciate this group, as this is our focus.

Life with Loss is a group comprised of people who have lost a loved one, someone close to them. We come together in a non-judgmental forum to walk with you on your healing journey.

If you are someone dealing with loss – either recently or in the past, we invite you to join our online discussion group facilitated by Linda Walters, certified in grief support, to find yourself among people who do know how much it can help.

We will cry with you in your sorrow and laugh with you as you recall the good memories. We won't mind how long you stay or how long you need to be here.

We won't tell you to hurry up, to get a grip and pull yourself together, or to let go and get on with your life.

If you need a place to turn to, know this:
***We will walk with you and we will help each other
in our grief and ease our pain.***

Would you like more information? Please feel comfortable in contacting **Linda Walters** via email: lindagerwalters@sympatico.ca or call: 416-716-8343

Register to receive login details via email: info@montagesupport.ca

This group meets weekly **Tuesday Evenings**

7:30 p.m. to 8:30 p.m.

virtually via ZOOM

Montage Support Services
Diversified supports for People with disabilities
www.montagesupport.ca