



Grief and Loss Support Group

Come and join us for a 10-week confidential, safe, and caring *Support group for families who have experienced the death of a loved one who had a disability.*

The group is not limited to how recent or distant the loss was experienced.

The common thread is your loss of the hope, dream, and expectation.

This group is designed to bring family members together who may possibly be experiencing isolation, loneliness, sadness, a sense of being 'broken or incomplete', sensing a loss of identity or purpose or asking, "who am I now without my loved one?"

It is the goal of this group to help move participants closer to feeling less stuck and isolated. In sharing your experiences, you will feel less heavy and ultimately open your hearts to a more peaceful quality of life. Your loved ones will never be forgotten.

Let's talk and celebrate their lives!

The Details:

- Once a week on **ZOOM** starting **MONDAY**, January 17 - March 21
- **Time: 1:30 - 3:00 pm**
- This is being offered **free of charge** and is supported by the Membership Councils of Community Living Toronto
- **CONTACT:** Linda Ger Walters 416.716.8343 / lindagerwalters@sympatico.ca
Registration by: January 10. 2022