

# Relationship Group

Sexual Health. Education. Community.



## Grief and Loss Group

**Join a group of peers and learn about grief and loss of hopes, dreams and expectations.**

**Learn how to process your grief with peers, around a possible**

- Death loss
- Loss of something or someone important to you
- Anticipatory losses
- New changes in your life
- Just missing the 'old ways'

***Take part in a 3-part series online***

**When:** January 23, 30 and February 6 from 7pm - 8:30pm

\* Please note a zoom link will be sent prior to each online session.

**If you are interested in registering, please contact one of the following**

Linda Ger Walters: [lingerwalters@gmail.com](mailto:lingerwalters@gmail.com) or 416.716.8343

Relationship Group: [relationship.group.toronto@gmail.com](mailto:relationship.group.toronto@gmail.com)



*“Talking about my grief with other people really helps.”*

*“I don’t feel so alone anymore, after taking this series.”*

*We believe that relationships offer safety, support, value,  
purpose and a sense of belonging*