



LEARNING THROUGH LOSS

hope | healing | community

LEARNING LOSS SUPPORT GROUP PROGRAM

Facilitators: Maggie Reidy, RCC & Liz Beattie, RCC
Time: 4:00pm - 5:30pm
Dates: Tues: February 2 – April 6, 2021 (2 wk. March break incl)
Location: Virtually via ZOOM

Friends of Living and Learning Through Loss is offering a virtual 8-week support group for youth aged 13–24 experiencing loss, including:

- Death or loss of a family member, friend or other,
- Relocating to a new home or community,
- Divorce, family separation
- Illness, abuse, etc.

Referrals can be made by anyone. Our Registered Clinical Counsellor oversees all referrals and will contact the prospective youth to complete the screening and intake process. A maximum of 12 participants meet for 8 sessions in a confidential and supportive setting to learn about healthy grieving and healing and strategies for coping. If one group is full, interested youth will be put on a waitlist for the next session. Groups are organized by age.

Requirements and responsibilities for acceptance into the program:

- Youth aged 13–24 who reside within school districts 61, 62 & 63.
- Voluntary participation and commitment to attending the entire program.
- Participants must have access to a computer for each session.
- Participants must not be under the influence of alcohol and/or drugs.

“It’s an awesome place to share with people your own age, who understand what you are dealing with.” Youth Participant

For further information contact us directly:

250.413.3114 or caroline.donelle@learningthroughloss.org