

Covid-19 has truly affected everyone one way or another.

X

Not all grief is caused by the loss of a friend or loved one.

X

Non-death losses

- * Inability to choose our daily patterns, loss of liberties, & freedom
- * Financial losses
- * Loss of sense of safety & peace
- * Loss of self, security, & meaning

It is important to not only check on our participants, but our staff as well.

Ways We Can Help Our Participants Through The Grieving Process

*Foster safety & equity

*Build community

*Work with community partners to support participants & staffs mental health

*Acknowledge & address grief

*Re-establish routine & connection

*Use mindfulness to teach self regulation at home & at program

*Create a vision for a better future together