

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.

The Relationship Group is for self advocates with a Developmental disability to build safe and strong relationships. We work on safety, respect and self esteem.

This is group is for anyone who:

- Would like to talk about your grief as it pertains to a death loss. This loss could have taken place recently or several years ago. What is important is that you would like to talk about this with others who also experienced a loss.
- Would like to talk about your grief as it pertains to Loss; as an example, a loss of something important to you (friend, pet, family member); Someone you love who is ill or ailing. Perhaps moving to a new place and missing the old place; Perhaps, changes that you cannot bring back. Just missing the 'old ways'.

Take part in a special 2-part series online

When: Wednesday March 20 and Wednesday March 27 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 or 416.716.8343

Relationship Group: relationship.group.toronto@gmail.com

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