



COVID LOSS GROUP: YOU ARE NOT ALONE

A SUPPORT GROUP IF YOU ARE EXPERIENCING LOSS, OF ANY KIND, DUE TO THE COVID 19 PANDEMIC.

The COVID-19 pandemic has created losses for so many in so many ways. Loss of loved ones, loss of friends, loss of long held traditions, loss of financial resources, loss of conveniences and trips to the library, restaurant or theatre, the loss of certainty or predictability, and most important the loss of time ---time with parents, children, friends, partners and even self. You are invited to share how your life has been affected by the times we are all living through.

Join others to discuss and share:

- What has been the greatest challenge for you?
- What has helped?
- What do you hope for?
- What would you like others to know?

It is not unusual to feel isolated and apart from life and from others during such a prolonged period like this but as we share and listen we find that we are not alone in our experience.

**Second Saturday of the Month
9:00-10:30am**

REGISTER ONLINE

[HTTPS://HEARTLIGHTCENTER.ORG/INDEX.PHP/ONLINE-REGISTRATION/](https://heartlightcenter.org/index.php/online-registration/)

**FOR MORE INFORMATION CONTACT US 720-748-9908 OR
INFO@HEARTLIGHTCENTER.ORG**