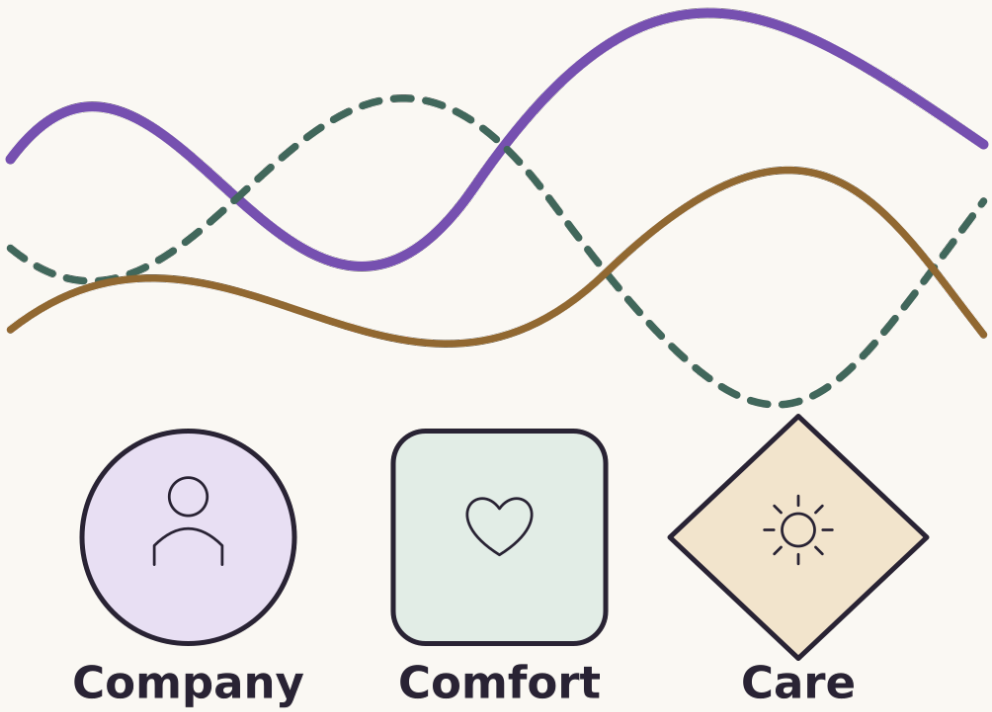
GRIEF AND LOSS

Grief has no fixed order

Feelings can change, overlap or return. There is no timetable to follow.



Company: Ask someone to sit with you, with or without talking. Comfort: Choose a familiar ritual, memory or quiet activity. One basic need: Make room for a drink, food or a rest. These are options, not stages. Support is available whenever grief feels too much to carry.

Reading: CAMH: Loss, grief and healing