

Grief During a Global Pandemic

MAY 3 | 6:00 PM - 7:00 PM

[Watch on Facebook Live](#)

Grief is painful. It is an emotional, mental, and physical response to loss. The more intense the relationship, the more intense the grief. Over the past year, our community has been deeply impacted by loss due to COVID, community violence, racism, divorce, economic hardships, and school closure. Even without any of the events of this year, many in our community were struggling with trauma and individual and collective grief. Led by local therapists and mental health activists, join us for a panel discussion focused on transforming grief and loss into an opportunity for self-healing and resilience.



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