

## A Weekly Drop-In Support Group on Zoom

**Wednesdays**  
**1:00 - 3:00 p.m.**

Cost: \$10/session

Please contact Brenda Gibbs for more  
information or to register:

Phone: **306-227-7323**

Email: **livingandloss@gmail.com**

Website: **www.livingandloss.ca**

### Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

306-242-1916

programming@queenshouse.org

For details on all programs:

**[www.queenshouse.org](http://www.queenshouse.org)**



**Brenda Gibbs**

As a retired school counsellor, recent entrepreneur and widow, Brenda looks forward to getting to know

those who will be participating in this support group. Brenda has a Master's degree in Counselling from Campus Alberta and Bachelor degrees in education and arts and science. She feels strongly invited to support others in their grief journey. Her experiences have taught her that dying - like childbirth - is a paradox: painful, messy, loud, and lengthy, yet inspiring, awesome, sacred and transcendent. She is a proud grandma of four fantastic children and claims to be a quilter. In her previous business adventure, she created a website and wrote blogs, articles were published, and she spoke around the province to various quilt guilds.



## Bereaved Caregivers: Living through Loss

**A Weekly Drop-In  
Support Group on Zoom  
Wednesdays, 1:00 - 3:00 p.m.**



*Photo by Chelsey Faucher on Unsplash*

**Brenda Gibbs**



**QUEEN'S HOUSE**  
RETREAT AND RENEWAL CENTRE  
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

## Bereaved Caregivers: Living through Loss

**A Weekly Drop-In Support Group on Zoom**

**Wednesdays, 1:00 - 3:00 p.m.**

*Come to one or several sessions*

You are welcome to join for one or more sessions as we support each other in our grief journey. If you have been a caregiver to a loved one's terminal illness, grief has been occurring for years. There may have been support during the active time of caregiving, but now, you might be experiencing few if any supports. Hearing and sharing experiences of grief past and present may be helpful to you as you live through your loss. There is not right or wrong way to grieve; it's always an individual process. In joining this discussion group you will give and receive wisdom and comfort.



What the caterpillar calls  
the end of the world the  
master calls a butterfly.

Richard Bach

This online support group uses a discussion format based the book *It's Ok that You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand* written by Megan Devine (2017).

Themes that will be discussed but not limited to include:

- Living in the Reality of Loss
- Building a Self Care Toolkit
- Holidays and Hope
- Gratitude and Grief
- Silence, Solitude, and Stillness in Grief
- Glimmers of the Future

And beginning Wednesday April 14...

## Bereaved Caregivers: Living through Loss

A SUPPORT GROUP HELD AT  
QUEEN'S HOUSE FOLLOWING ALL  
PHYSICAL DISTANCING PROTOCOLS

**Six Wednesday Afternoons**

**April 14 - May 19**

**1:00 - 3:00 p.m.**

**Cost: \$120**

A minimum of 5 and maximum of 7 participants are needed to offer this support group.

Please contact Brenda Gibbs prior to registering: 306-227-7323

Registration deadline: April 12.



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