

# Bereaved Caregivers: Living through Loss

with Brenda Gibbs, MC

AN ONLINE SUPPORT GROUP HELD ON ZOOM  
COME TO ONE OR SEVERAL SESSIONS

**Dates and Times:** Wednesday afternoons, beginning February 3  
1:00 - 3:00 p.m.

**Cost:** \$10/session

**Registration Details:** Please contact Brenda Gibbs to register: 306-227-7323

**Detail:** 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 is always an individual process. In joining this discussion group, you will give and receive wisdom and comfort.

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

**Presenter: Brenda Gibbs, MC, BA, B.Ed.**

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.

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