

# LIFE AFTER LOSS



## Date And Time

Each Tuesday

7 pm – 8:00 pm CDT

Beginning April 6, 2021



## TO REGISTER

[CLICK HERE](#)

OR GO TO

<https://heypeers.com//meetings/5243>

## About this Free Event

**Life After Loss is a parent's portal to grieve, share and heal. A place for parents who lost a child or children to the complications of untreated or undertreated mental illness such as overdose or suicide. Here you will find a safe place of openness and understanding without judgment or derision. Together we will find a way to continue our own journeys while honoring the memories of our dearly loved children.**

"I am a Certified Peer Support Specialist in MN and I have lived experience with CPTSD, Bipolar I and derealization disorder. I am also a parent who lost a child to schizophrenia and substance use. It has become my passion to bring awareness and reduce the stigma of mental health and the mental health issues behind substance use. As a Peer who has lost a child, I also have the experience of learning how to live with my grief and find purpose in my life. If any part of my journey can help others then I like to believe I am living my purpose."

