



# Bridging Loss with Wellness



Throughout life, we're occasionally confronted with unexpected situations that curb our plans in ways we can't predict. Raising a child who has been diagnosed with an intellectual and developmental disability can be one of these situations that, at times, takes away the ability to control what's next and changes how we envision caring for our child. For some people, this is experienced as a loss. This group will provide an opportunity for caregivers who have children living at The Guild to explore their experiences of loss while navigating feelings, wellness strategies and next steps to encourage continued resilience and growth.



This group will meet for 5 weeks and provide an opportunity for caregivers to engage in supportive conversation around loss experiences associated with residential and permanent care. This group will provide an:

- Increased connection between caregivers
- Increased ability to identify feelings associated with loss experience
- Increased ability to identify/acknowledge how the participants' role has changed
- Opportunity to identify individual and community strategies

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