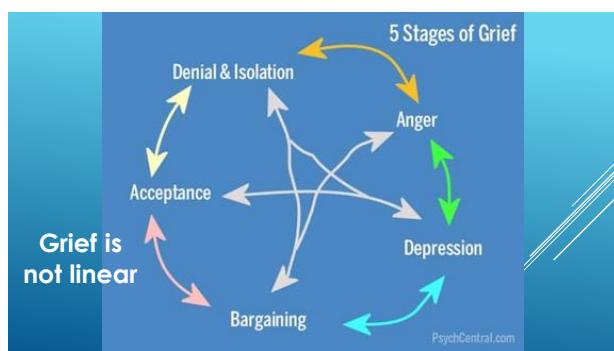


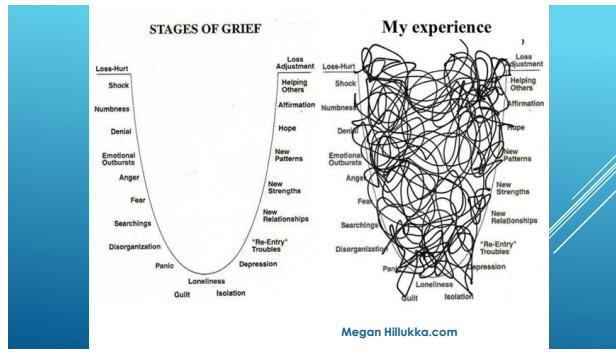
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2



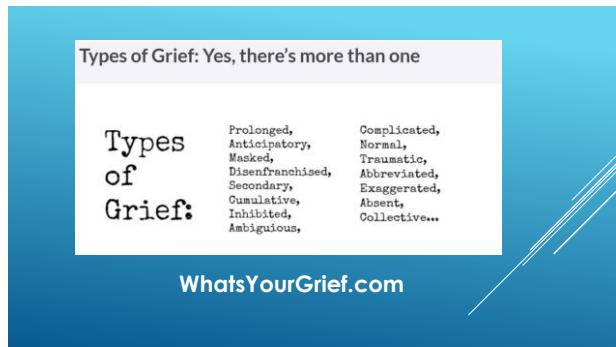
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4



5



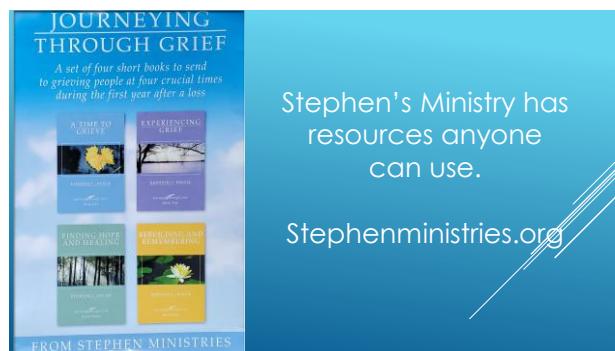
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7

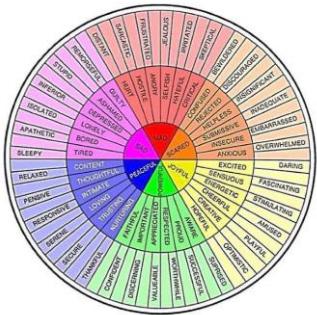


8



9

A FEW EXERCISES



10

ACKNOWLEDGING HARD & BLESSING



11

EMOTIONAL PIZZA



12

DISCUSSION

- ▶ Grief you have noticed in yourself?
 - ▶ How are you processing it?
- ▶ Other Resources you would add?
- ▶ Helpful Exercises?
- ▶ How do we create space for others?
- ▶ Grief will be very real for a long time... how will we continue to process ourselves & create space for others to process?
