

# ***Let's Get Real***

Google Meet: <https://calendar.app.google/rFE7tqHDJ2g8gi7C6>

Sundays 6:30pm EST

Tuesdays 6:00pm EST

Thursdays 6:00pm EST

This is a virtual event for us to come together. Share our stories, seek support, and build a community with other grieving folks. There are no religious affiliations, no fees, and no subscriptions.

## **Points to remember:**

- Please be considerate and kind to others. Give the same respect to others you expect to be given
- Zero Judgement- This is a safe space.
- Please keep things confidential. Each one of us is grieving. Our stories are ours, and this should be a safe place to do so.
- I am not a licensed therapist or grief counselor. I am simply another grieving person

## **What to expect:**

1. Click on the link in your invitation email on February 15<sup>th</sup> at 6:30pm EST
2. Keep yourself muted until you are called. This will avoid us talking over each other
3. I will open with introductions and debrief, then I will call each in attendance to share if they would like to. Please keep your sharing brief about 3-5 minutes to allow time for each person to share.
4. Please, do not comment negatively aloud or in the chat. **NO NEGATIVITY** will be tolerated. We are here to support one another.

