

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

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

February 15, 2026

6:30pm 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.