

## Walking Together

QoLA Care's Grief & Bereavement Newsletter

February 2021

### Thank you for attending our first Online Grief Support Group

We want to thank everyone who attended our first Online Grief Support Group. We will continue to offer this support going forward and will incorporate the suggestions that are mentioned through the meetings.

Our newsletter will include a section with the information of when the next Grief Support Group will take place, and a reminder email will be sent out the week it is happening. We want to continue to create something with your input so we can meet your needs better.

We acknowledge that we might only have one email registered for each family, so please feel free to share the invitation or newsletter to other adults in your family, you are all welcome!

Sincerely,

Dr. Dave, Dr. Greg, Dr. Jo, Cindy, Jen, Bri, Kate

### March Online Grief Support Group Save the Date!



**SAVE THE DATE!** QoLA Care's next online grief support group will take place on **Thursday, March 18, 2021 from 8:30pm to 9:30pm.**

If you feel like connecting with other grieving families who have experienced the death of their child we hope you will join us.

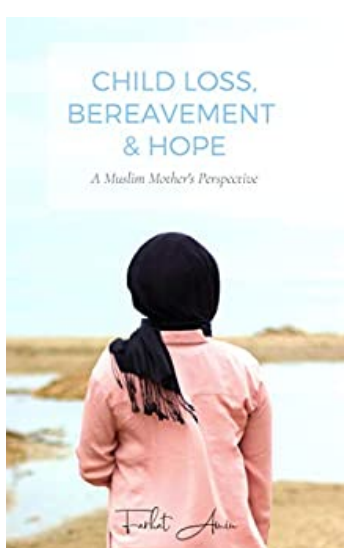
### Highmark Caring Place



There is never a good time for a student to grieve the death of a loved one. It is even more difficult for a child to be experiencing grief during a pandemic. If you have children who are grieving, check out the [Highmark Caring Place's](#) article entitled Supporting Grieving Students in This Time of COVID-19.

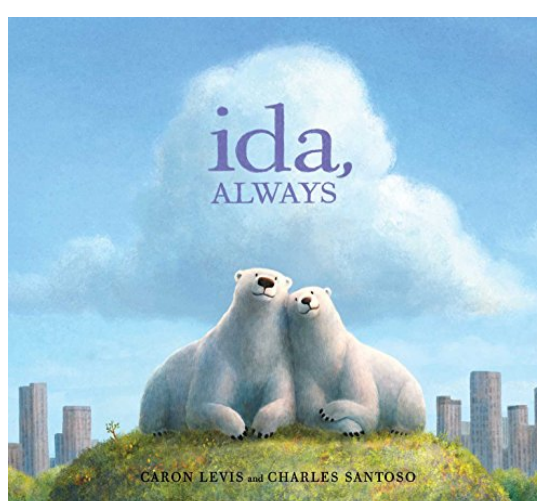
To learn more, please click the image above or [here](#).

### From Our Bookshelf



**Child Loss, Bereavement and Hope: a Muslim mother's perspective**  
By Farhat Amin

From the author: I know exactly how you are feeling. People will tell you, to have sabr and trust in Allah's plan. People will expect you to behave in a certain way. I have written this loss of a child book for you and for me. We are mothers who have lost a piece of our heart. No one else can understand what we are going through



**Ida Always**  
By Caron Levis and Charles Santoso

A beautiful, honest portrait of loss and deep friendship told through the story of two iconic polar bears.

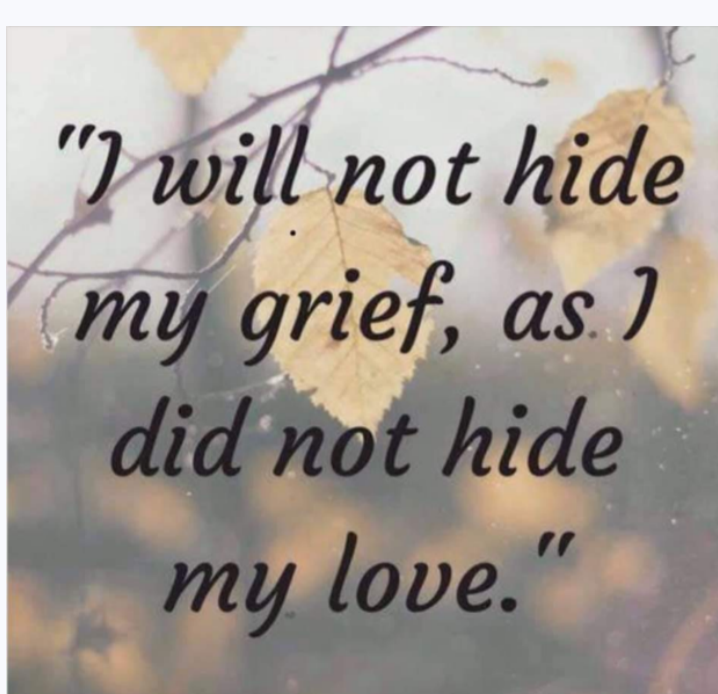
Gus lives in a big park in the middle of an even bigger city, and he spends his days with Ida. Ida is right there. Always.

### How has grieving changed during the COVID-19 pandemic



Many of us have lost something we consider important during the COVID-19 pandemic. Whether the loss is big or small, it has led people to grieve, but even our ability to grieve has had to change. Clinical psychologist Dr. Taslim Alani-Verjee shares how this is affecting those trying to cope with loss and what they can do. To watch the video click on the image or click [here](#).

### Quote of the Month



### Connect with QoLA Care

Should you wish to connect with us, or unsubscribe from this newsletter, please send us an email at [golacare@hhsc.ca](mailto:golacare@hhsc.ca)

