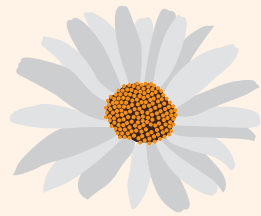
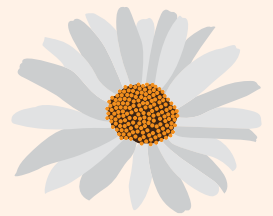




Silence is not weakness, it is strength.



Having moments to find you again is self care.

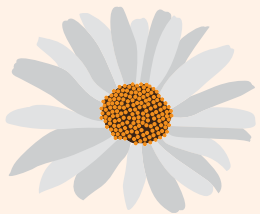


Needing space to hold your grief is not selfish, its how you start to heal.

HOLDING SPACE



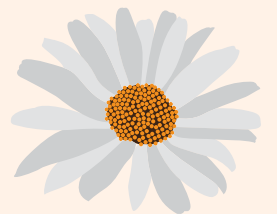
Have your village around you to help with your journey to heal.



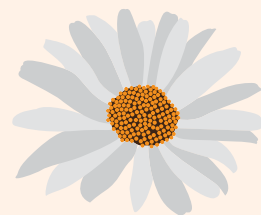
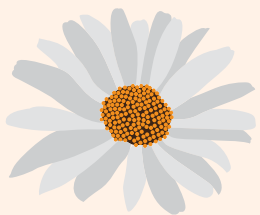
It is OK to give space to unpack your thoughts & feelings .



WITH GRIEF



Know that you are loved and your not alone in your grief.



Its ok to feel your feelings.