



SIB-GRIEF ONLINE SUPPORT GROUP

If you are grieving the loss of your sibling with a disability, this online support group may be beneficial in helping you process through some feelings and connecting with other sibs that have also experienced a sibling loss.

Each session is an hour long and there are 3 options of times:

- Every other Wednesday at 7pm Eastern/6pm Central/5pm Mountain/4pm Pacific (23:00 Universal Time Coordinated)
- Every other Thursday at 6am Eastern/5am Central/4am Mountain/3am Pacific (10:00 Universal Time Coordinated)
- Every other Saturday at 10am Eastern/9am Central/8am Mountain/7am Pacific (14:00 Universal Time Coordinated)

All groups will meet via Zoom Video Conferencing

GROUP SIZE IS LIMITED & PRE-REGISTRATION IS REQUIRED

\$25 per session, 5 sessions for \$100, or 8 sessions for \$150

Facilitated by Shruti Tekwani, licensed mental health counselor specializing in grief, trauma, & loss



For questions or to register, email
info@thrivecorp.org