

Grief Sharing Circle Thursday 11th March 7pm UK



This safe space is offered to all those affected by the loss of Positivity Princess Kelly Walsh.

Access:

Join via zoom: <https://zoom.us/j/9055908639?pwd=VllkVmQzd3plck14TG1XdFV6K0E5QT09>

Password: Positivity Princess

Rather than hold a memorial service dedicated to her, you are invited to reflect on how Kelly's loss impacts you personally. Of course, should your need be to speak of Kelly and what she meant to you then that is all part of it, however other things may be coming up for you - we are all impacted in different ways.

The majority of circle time will be dedicated to equal timed shares for those that wish to speak. Time to share will depend on how many attend and wish to speak. Sharing is not compulsory, you may wish to simply be present and listen in.

Whilst the circle will be held on Zoom, a video conferencing platform freely accessible to all who have a digital online device, it is up to you whether you have your camera switched on.

Please bring whatever you need to feel supported, for example a blanket, a soothing toy, a drink, a lit candle.

Prior to the circle, you are invited to consider your share should you feel drawn to speak. All of you and all emotion is welcome.

The circle will be hosted by experienced facilitators, however each attendee has a responsibility to themselves to ensure they share in a way that feels comfortable to them.

The Zoom room will remain open for 30 minutes following the circle closing for those that may wish to exchange numbers for support or to speak in a more informal way.

With love until Thursday 