

LIFE AFTER LOSS



Date And Time

Each Tuesday

7 pm – 8:00 pm CDT

On VPSN After Hours



TO JOIN

<https://us02web.zoom.us/j/592347390>

Questions/Comments

VPSN.info@gmail.com

About this Free Event

Life After Loss is a parent's portal to grieve, share and heal. A place for parents who lost a child or children to the complications of untreated or undertreated mental illness such as overdose or suicide. Here you will find a safe place of openness and understanding without judgment or derision. Together we will find a way to continue our own journeys while honoring the memories of our dearly loved children.

"I am a Certified Peer Support Specialist in MN and I have lived experience with CPTSD, Bipolar I and derealization disorder. I am also a parent who lost a child to schizophrenia and substance use. It has become my passion to bring awareness and reduce the stigma of mental health and the mental health issues behind substance use. As a Peer who has lost a child, I also have the experience of learning how to live with my grief and find purpose in my life. If any part of my journey can help others then I like to believe I am living my purpose."

