

## ***Grief and Loss, paving the way to a Brighter Future***

***Over the past few years many of the Tsartlip staff have experienced loss, (parent, sibling, friend) and each of us are grateful to be supported by one another. We acknowledge the impacts in the community and the importance of being able to continue helping the community. WE truly appreciate the time and patience of community members who have been frustrated and expressed concerns when staff aren't readily available at times. WE will continue to provide the best service we are capable of and appreciate our roles in Tsartlip.***

***We acknowledge the many families who are in recovery and we will support as much as we can when called upon.***

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense your grief will be. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief.

The grieving process is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

***Support is available and feel free to contact any staff when needed.***