

Coping with Loss



Coping with loss sometimes we may feel alone but we are not!

There are many types of loss that we experience.

Each month we will be discussing a different loss and will have a different speaker.

(If interested in being a speaker please let us know)

Here are a few examples of loss .

Loss due to cancer

Loss due to overdose

Loss due to suicide

Loss of a pet

Loss due to separation/divorce

Loss of a job

We want to know what type of loss you are trying to cope with.

Please contact Trish O'Donnell and/or Shannon Sullivan at 315-836-3735 or 315-785-8704(TTY)

or via email trisho@nrcil.net or shannons@nrcil.net

For reasonable accommodations please contact NRCIL

Planning to start your support group here in the near future. We need and value your input!



Northern Regional

Center for Independent Living