

LGBTQ+ TELETHERAPY SUPPORT GROUP



LED BY LEORA EFFINGER-WEINTRAUB (THEY/THEM)

SUPPORTING EACH OTHER THROUGH GRIEF AND LOSS

**DO YOU FEEL LIKE NO ONE
HEARS OR IS LISTENING TO
YOUR GRIEF?**

Disenfranchised grief comes when loss cannot be openly acknowledged or publicly mourned. Many folx experience disenfranchised grief: it can come from a death, a break-up, the loss of friendship, or disconnection with family of origin. It may feel confusing, overwhelming, or out-of-place – like society won't give you permission to feel your loss. You may feel particularly alone, without the support or validation you need. Especially during these times of isolation due to COVID-19, connecting with others is essential for healing. Our support group aims to provide the support and connection LGBTQ+ folx need to process grief and move forwards in life.