

Grief & Loss

"Grief is personal, but healing can be shared."

Grieving can feel heavy, isolating, and unpredictable. This weekly support circle offers a warm, non-judgmental space to sit with others who understand. You're welcome to bring your story, your silence, your questions or just your presence. Whether you're dealing with recent loss or long-held grief, your experience is welcome here.



Led by trained therapists
who are here to guide.

What to Expect?

- A gentle space to talk, cry, sit in silence — or just be
- A short check-in to ease into the session
- Mindful grounding to help you pause and breathe
- Open sharing — speak if you're ready, or simply listen
- A small closing ritual or thought to carry with you




**At Samarpan,
Churchgate, Mumbai**



*Enjoy tea, coffee
after the session!*

Who Can Attend?

- Adults (18+) grieving the loss of a loved one—family, friends, pets, or navigating non-death losses, like the end of relationships.
- Anyone at any stage of the grieving process, whether recent or long ago
- Those seeking gentle, community-based support—no prior experience with group spaces needed



**Every
Tuesday,
5:30pm to 7:00pm**

Register for free at  **+91 91360 32440**