

# Coping with



Living in the time of Covid 19 brings many challenges, uncertainties and loss. We experience real losses such as loss of freedom of movement, social distancing, loss of family connections.

We are limited in recreation, work and are unable to engage with our religious communities.

When we are deprived of many things that we hold dear, we experience feelings of sadness, loss and grief.

Krasman Centre would like to invite you to join our virtual peer support group where you can discuss the impact of Covid19 on your life, and the struggles associated with living through these challenging times.

If you are interested in participating in this online support group, please email us or call us to register, we will send you the Zoom link, you will need access to a solid internet access.

Please contact Sophy Goldfarb or Zebina Virji Family Peer Supporters with the Krasman Centre at [familysupport@krasmancentre.com](mailto:familysupport@krasmancentre.com)

Sophy Goldfarb 647-649-9042, Zebina Virji 647-286-1452 to register

