



Undoing isolation for young adults grieving the death of someone close to COVID-19

WE'RE IN A GRIEF CRISIS

As the COVID-19 death toll continues to rise, so does the need for grief support. But there's a big gap in grief services for folks in their 20's and 30's, and marginalized communities with the least resources have been disproportionately devastated by COVID-19.

OUR NETWORK IS FILLING THIS NEED

Our founders have run young adult grief retreats for years – but when the pandemic hit, we pivoted. The COVID Grief Network is a volunteer-run mutual aid network that connects young adults who are grieving the death of someone close to COVID-19 to **FREE emotional support** – and to each other.

OUR OFFERINGS

- 8-week grief support groups facilitated by a volunteer grief worker
- An online community of other young adults in grief

WE GATHER THE HELPERS

We are actively growing our network of volunteer grief workers - therapists, coaches, spiritual practitioners and more - to facilitate grief groups so that young adults bereaved by COVID-19 **won't fall through the cracks.**

DO YOU WANT SUPPORT?

Visit covidgriefnetwork.org to learn more and sign up. Or get in touch at covidgriefnetwork@gmail.com.

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