

# Dear Support Group Members,

As we gather in collective spirit during this challenging time, we want to express our heartfelt sorrow for the struggles many of you are facing. It is a moment that tests our resilience, and yet, it is also an opportunity for us to come together, support one another, and find strength in our unity.

Let us take a moment to acknowledge the pain and loss that some may feel. Each story shared within this group is a testament to the courage it takes to be vulnerable. Remember, you are not alone in your journey; we stand beside you, ready to listen and uplift you.

As we navigate through these darker days, we encourage you to lean on each other. Share your feelings, speak your truths, and know that your emotions are valid. Together, we can foster an environment of healing and hope.

We encourage you to reach out, whether through a phone call, a message, or during our next meeting. Let's remind each other that it's okay to not be okay, but it's also okay to seek joy and comfort amidst sorrow.

With compassion and strength,

The Support Group Team