

Death is a complicated thing, for everyone. Especially if it's a close friend or family member, that's why I want to hold this circle at the conference, because I've dealt with it before and you might feel lost or feel like it was your fault and you don't know what to do or who can help you. So you just stick to yourself and deal with it because you think that no one knows how you feel and what it feels like but, the truth is that there's a lot of death going around right now and lots of people are lost and are starting to believe that things won't ever get better. So I'm holding this circle to try and reach out to people and tell them that things will get better and you do have people around you that are willing to help you through hard times and that you don't have to go through these tough times alone. I lost my granny in 2020 and at the time I thought her death was my fault; maybe I didn't help her enough or maybe I didn't call her and check up on her enough. I didn't know what to do when she died, it took me a while to be comfortable enough and have the courage to go and talk to my mom about it but once I did she helped me figure out that her death wasn't my fault and that I don't have to do this alone. Now I'm at peace with her death, yes I still miss her but at least she's not suffering anymore. So I would like to help people and share my experiences with them and hope that they will be comfortable enough to do the same with me.