

Welcome Video Transcript

Hi there! I'm Dr. Christina and I'm really glad you found your way here. If you're carrying grief-from the death of a significant person in your life, a diagnosis, or a life that no longer looks the way you thought it would, you're not alone.

This space exists to slow things down for you. to offer understanding, connection and intentional support for grief that lives in your body, your mind and heart. Take your time here. Discover and explore what speaks to you. And know that you and your grief are welcome exactly as you are.