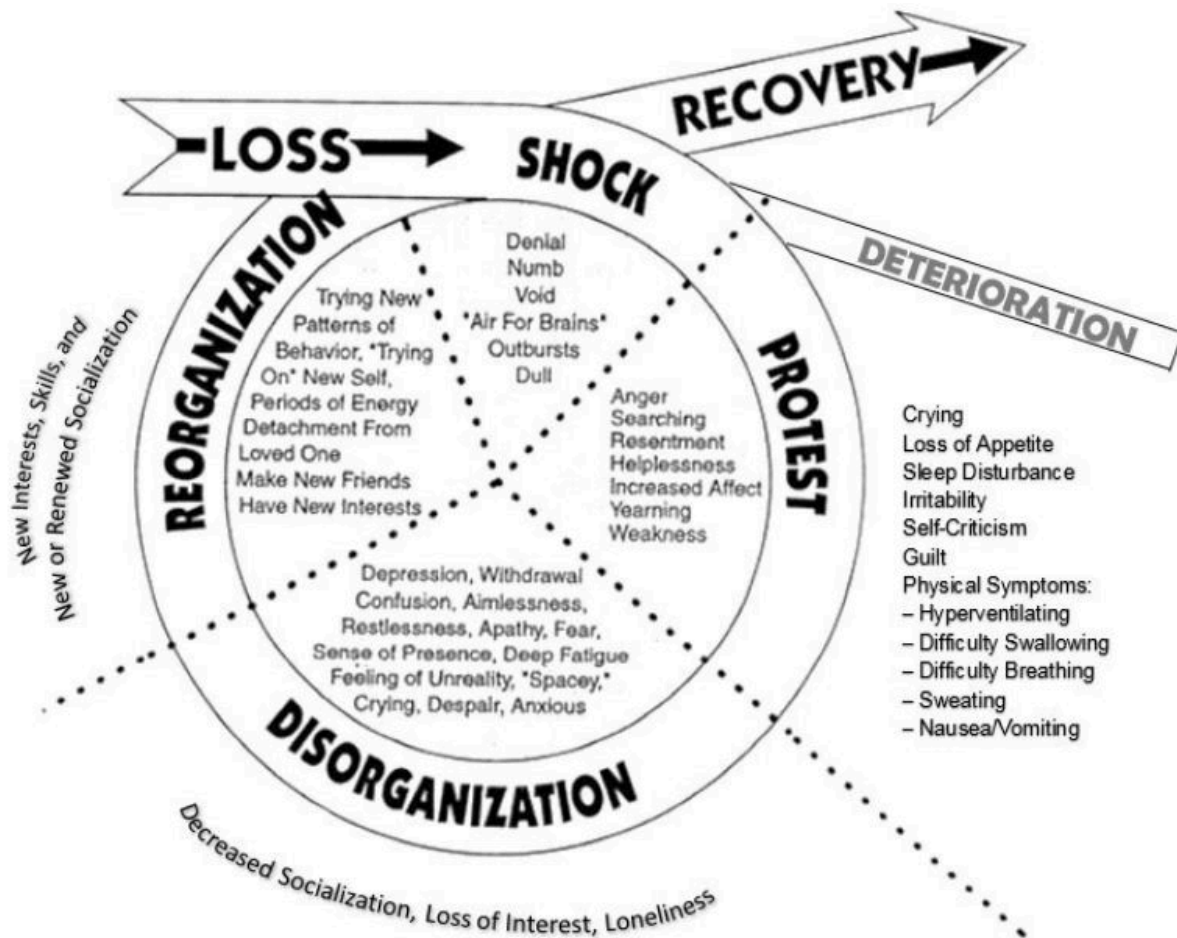


## Grieving Wheel



## Mindfulness Resources link

[Mindful Awareness Stabilization Training \(MAST\) program - Unity Health Toronto](#)