

# Living with Empty Shoes

Grief support for parents who no longer have custody or access to their children

## Why the name Living with Empty Shoes

It's based on an image that one parent described their grief as "I had to get used to looking at my kids shoes all lined up at the door, knowing that they would not be coming back to wear them...or that by the time that they did come back they would not fit into these shoes anymore. The shoes just sat lined up with the passing of time."

## What is Living with Empty Shoes?

- ❖ A 7-week grief support journey
- ❖ Participants in this journey may be experiencing grief from loss of a child(ren) by apprehension/adoption
- ❖ Learn positive ways to cope through this difficult journey



**Norfolk Pregnancy & Family Resource Centre**



For more information or to register:

Call 519-428-2177 | Email [info@norfolkpc.org](mailto:info@norfolkpc.org) | [www.norfolkpc.org](http://www.norfolkpc.org)