



Kalicia



Person Lost: **Grandmother**
Age When I Lost My Grandmother: **14**
Person Lost: **Dad**
Age When I Lost My Dad: **16**



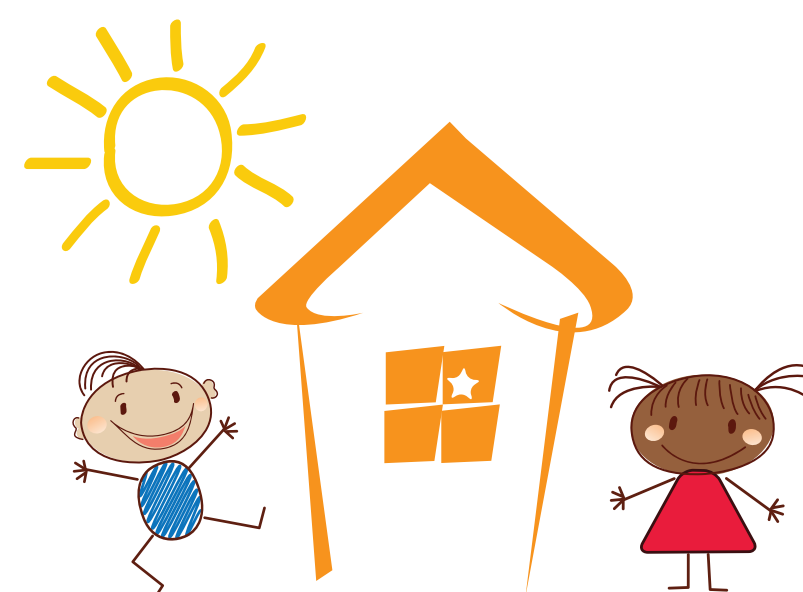
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Valerie's House showed me that there are methods of healthy communication in regards to grief, this was a new concept to me at the time because my relatives tend to avoid speaking about grief and death. Valerie's House showed me that I had the strength and courage to speak about my father without breaking down.

My Advice:

It may not feel possible , and may sound like a cliché but eventually you will feel better and things will start to come together for you.

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