

A grief suffered when  
your living loved one is no longer  
with you as they once were. This is

## AMBIGUOUS GRIEF.

It's an experience that shatters your life as you knew it.

It's a grief that is not often understood, acknowledged  
or appreciated – and it can make you feel uniquely isolated.

YET YOU'RE NOT ALONE IN HAVING THIS EXPERIENCE.

## RISE UP **ROOTED**

is a place to find community with others  
who have experienced this unique state of grief.

It's a place to be witnessed and heard without judgment.

A place to celebrate our milestones,  
large and small, as we rebuild our lives.

We can find a way forward. We can rise up rooted.

RISEUP**ROOTED**.NET

