

# Grace in GRIEF

## GENTLE REFLECTIONS GUIDE



# Welcome!

We're so glad you found your way here.

This guide is a free gift from the Grace in Grief community, a little glimpse into the kind of care, reflection, and support we hold space for together.

Grief can be heavy, tender, unpredictable, and deeply personal. However, it's showing up for you right now; you deserve a soft place to land. Inside these pages, you'll find journal prompts designed to help you slow down, breathe, and gently tend to what's been carried, as well as a curated list of supportive resources to help you continue building your healing toolkit.

There is no right or wrong way to move through this. Take what you need. Leave what doesn't serve you. And be tender with yourself every step of the way.

If this resource speaks to your heart, Grace in Grief goes even deeper. We are a quarterly gathering created specifically for Black women — a brave, beautiful community choosing to heal together. We would love to have you with us.

📍 Follow @mamas\_mosaic and @highlight\_your\_healing to stay connected and be the first to know about our next event.

You are not alone. You never were.

With compassion,

*Desiree Logan, Casey Pierce & Shannon Roane*

The Grace in Grief Planning Team

## LET'S STAY CONNECTED!



*Desiree Logan*

IG: @mamas\_mosaic  
Email: [heymama@mamasmosaic.org](mailto:heymama@mamasmosaic.org)  
Website: [mamasmosaic.org](http://mamasmosaic.org)



*Casey Pierce*

Email: [hello@caseypiercephd.com](mailto:hello@caseypiercephd.com)  
Website: [caseypiercephd.com](http://caseypiercephd.com)



*Shannon Roane*

IG: @jandj\_journals  
Email: [info@highlightyourhealing.com](mailto:info@highlightyourhealing.com)  
Website: [highlightyourhealing.com](http://highlightyourhealing.com)



# REFLECTION PROMPTS

What grief am I carrying right now?

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Who are the people in your life you feel safe enough to grieve with — openly, without explanation or apology? If that list feels short or uncertain, what kind of community would feel like a safe place to begin?

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Grief can be isolating, even when we are surrounded by people who love us. Is there a part of your grief that hasn't yet been witnessed by someone who truly understands?

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**GROUNDING EXERCISE:** CLOSE YOUR EYES AND TAKE THREE SLOW BREATHS, INHALING THROUGH YOUR NOSE AND EXHALING THROUGH YOUR MOUTH, ALLOWING YOUR SHOULDERS TO SOFTEN EACH TIME.





HELPFUL

# RESOURCE LIST



## THERAPY FOR BLACK GIRLS

DIRECTORY + GRIEF-FOCUSED  
CLINICIANS



988 SUICIDE HELPLINE  
IF YOU NEED TO TALK, THE 988  
LIFELINE IS HERE.



## SHANNON ROANE, CERTIFIED GRIEF COACH

SHANNON OFFERS A SELF-PACED  
COURSE, GUIDED JOURNALS, AND  
WORKSHOPS.



HIGHLIGHT YOUR  
HEALING PODCAST  
A PODCAST THAT COVERS  
RESOURCES AND TOOLS TO HELP  
NAVIGATE THE GRIEF JOURNEY.

