

You are worth **hearing**.  
You are worth **healing**.

# Stronger Together

Grief support for mothers after loss of their parental rights

## At a glance

After the loss of parental rights, grief can overwhelm all other areas of life - for years. Bellis™ is an independent resource based in Minnesota offering national expert-led, peer-based emotional support for mothers with this experience.



Visit [mybellis.org/find-support](https://mybellis.org/find-support) to learn about in-person & online meetings



Call or text the Stronger Together Support Line™ at 833-4BELLIS

## Our approach


Peer-based support is one of the most effective ways for mothers to navigate grief after loss of parental rights. Members of our Stronger Together support groups report feeling calmer, more supported, empowered, and less alone and less ashamed.

These benefits can lead to stronger self-worth and self-advocacy, improving the individual's life, family interactions, employment, and future relationship with their child/ren.

## Details

Multiple weekly groups serve mothers who have experienced termination or transfer of parental rights - or similar. Participants bring a full spectrum of circumstances. Their common ground is grief - and how to move ahead without parenting some or all of their children.

No eligibility requirements. But peer-based support may not be suitable for everyone and is not a substitute for targeted services, including therapy.



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## Stronger Together Weekly Meetings

Details are subject to change. Mothers seeking support should complete the form at [mybellis.org/find-support](https://mybellis.org/find-support) to join our weekly email list for updates and meeting links.

- **6:30 to 7:30 p.m. (central), Monday** - Online. Specifically serving Indigenous mothers.
- **10 to 11:30 a.m. (central), Tuesday** - In-person meeting at Bellis office, 3249 Hennepin Ave. S., Suite 103, Minneapolis.
- **7 to 8 p.m. (central), Tuesday** - Online
- **12 to 1 p.m. (central), Thursday** - Online. Specifically serving mothers who have experienced termination of parental rights and are now navigating relationships with children currently within their care or family systems.

## 'I think I'm ready to tend to these wounds.'

Bellis™ groups are always facilitated by a licensed professional trained in trauma-informed care. Peer-based support is not appropriate for all. Consider connecting with a Bellis team member at 833-4BELLIS before attending your first group.



To talk with someone soon,  
call or text our Stronger  
Together Support Line™  
833-4BELLIS (833-423-5547)



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