

Family life, once a source of pride,
Now shattered and broken, unable to hide
The pain and tears, the fights and fears
That plague each member, year after year.

One by one they drift apart,
No longer willing to play their part
In the dance that was once so sweet,
Now marred by anger and defeat.
The children watch with growing despair,
As the adults fight and no longer care
About the love and bond, they once shared,
Now replaced by bitterness and despair.

Despite the hurt, a glimmer of hope,
A chance for healing, a way to cope
With the friendships we will come to know,
Helping hands, as we grow and grow
For if there's one thing that you can be sure,
It is possible to feel safe and more secure
A connection to move through our hardships together,
As we navigate grief, loss and stormy weather,
For new beginnings, changes and blooms
Hearts a healing, shining through the gloom.

By Andrew Adair, Codey Clark and Hannah Breenan

