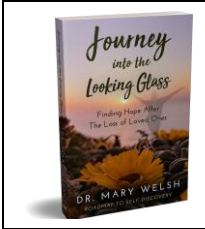
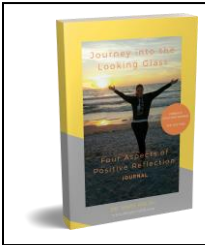
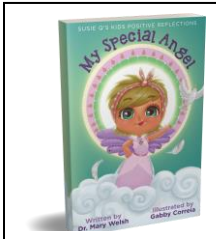
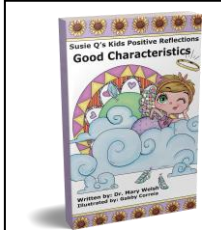




Dr. Mary Welsh

Dr. Mary is an author (<https://drmarywelsh.com/>), national speaker ([link](#)), grief session facilitator ([video](#)), university professor and coach who aids people suffering from the loss of a loved one or facing adversity to find hope, to embrace the:

Four Aspects of Positive Reflection (to remember, to reflect, to recreate, and to relate) on their grief journey to healing and wellness within their new normal. She has successfully written four books following the recent death of her daughter Susie which help support [Susie Q's Kids](#), provides comfort bags to kids in need in trauma or grief (in hospitals, shelters, foster care, and those grieving loss of loved ones).

- **Journey into the Looking Glass: Finding Hope after the Loss of Loved Ones** (an adult grief book)
 - How to Find Hope - Learn to Embrace Life's New Reality... even When It Appears the Sun Won't Shine Again!
 - I empower grievers to utilize the healing power of positivity to embrace their new reality.
 - [You tube video trailer](#) [Amazon link](#)
- **Journey into the Looking Glass: The Four Aspects of Positive Reflections** (a journal)
 - How to Discover the Power of Positivity – That Approach that is Uplifting... Even When You Can't See Past the Moment.
 - I encourage using positive reflections to address the loss of loved ones and adversity
 - [You tube video trailer](#) [Amazon link](#)
- **Susie Q's Kids Positive Reflection: My Special Angel** (a child's grief book)
 - How to Enable Children to Grieve Positively – To Express Their Emotions ... Even When They Don't Understand Their Sadness.
 - I help children realize their sadness is normal, loved ones are only a thought away.
 - [You tube video trailer](#) [Amazon link](#)
- **Susie Q's Kids Positive Reflections: Good Characteristics** (a child's coloring book)
 - How to Engage Children Positively – Explore the Value of Coloring... Even When They Don't Realize the Power of Good Characteristics.
 - Through coloring, I comfort children with pages of positive sayings and modeling good characteristics.
 - [You tube video trailer](#) [Amazon link](#)

Speaking: Dr Mary Welsh has presented her workshops for national and local grief groups such as “The Compassionate Friends” and “Bereaved Parents of USA.”, and locally New Hope Center for Grief Support and Bereaved Parents of USA Macomb and supported AFSP, Kevin’s Song and Barb Smith Conferences

Community Connections: Community Partner of the Year 2021 for American Foundation for Suicide Prevention and Awareness (AFSP). President of Sterling Heights Lions Club 2022-2023.