

Kelly Sammon – Certified Grief Educator and Founder of Grieving Gracefully

Kelly Sammon is a Certified Grief Educator, speaker, and the founder of *Grieving Gracefully*, a platform dedicated to supporting individuals as they navigate life's difficult transitions, including aging and loss. Having personally experienced the deep pain of losing both parents, Kelly draws from her own journey of healing to provide valuable insights into the emotional complexities that come with grief and aging.

Kelly has been featured in *CBC* and *The Hamilton Spectator* for her work in grief education and support. She is passionate about empowering professionals to take a compassionate, client-centered approach that balances emotional awareness with practical expertise.

Outside of her work, Kelly enjoys spending time with family, continuing her own personal growth, and helping others find hope and healing through life's most difficult moments.

Contact Kelly:

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