

# COMMUNITY HEALTH AND WELLNESS GRIEF INFORMATION SESSION: UNDERSTANDING GRIEF



## Description

Knowledge is empowering. Many people with an understanding of grief and the emotions they are experiencing along with the support of a strong family, friends and community network are able to journey through their grief in a healthy and healing manner. This workshop examines grief, grief reactions, the grieving process, and how to support yourself or others through the grief journey.

## Learning Outcomes

On completion of the workshop participants will be able to:

- Define grief, bereavement, loss and mourning.
- Define the different types of grief.
- Understand the uniqueness of each individual's grief journey.
- Understand the physical, emotional and cognitive reactions of grief.
- Define behaviour patterns that accompany grief.
- Understand different ways people grieve.
- Define what to do and say to help someone who is grieving.
- Understand what is not helpful to say and do when trying to "be there" for someone who is grieving.
- Develop a self-care plan for themselves if they are grieving.

## Designed For

Professionals and volunteers working to provide services and supports to bereaved individuals and families as they journey through their grief, and for grieving individuals who want to understand their grief.