



Join Us!

Coping with Grief and Loss Workshop

Loss and grief are a part of all of our lives yet navigating grief can feel overwhelming. It can be a struggle to cope with the death of a loved one. This presentation provides a guide to the different types of loss and how they affect us. We will address common myths about grief. We will also discuss the different categories of grief and grief-informed care. Participants will learn about coping strategies and how best to support loved ones who are grieving. Resources for grief support will also be shared. We aim to build a safe space to honor loss, integrate grief, and support one and other.

Note: a second session will be held on June 8, which will allow more time for sharing stories and experiences. You do not have to attend both sessions; you may register for one or both.

**Wednesday May 24th, 2023,
1:00pm to 2:00pm CST
Held virtually via Zoom**

Note: a second session will be held on June 8, which will allow more time for sharing stories and experiences. You may attend either session or both!



Registration

[Click here to register](#)



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