

Join Us: Coping with Grief and Loss

Loss and grief are a part of all of our lives yet navigating grief can feel overwhelming. We have lost lives, social interaction, and much more during the pandemic. 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 coping strategies and how best to support grieving loved ones. Resources for grief support will also be shared. Participants are encouraged to share stories and experiences if they feel comfortable doing so. We aim to build a safe space to honor loss, integrate grief, and support one another. This event is free to all!

**Wednesday, September 4th,
2024, from 11:00 AM to 12
PM CST, Virtually Via Zoom.**

Registration

[Click Here to Register](#)

