

## Join Us!

### Coping with Grief and Loss

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. 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.

**Monday, October 14<sup>th</sup>, 2024**  
**11 am to 12 pm**

**This in-person event is located at  
the Arlington Heights Senior Center,  
1801 W Central Rd, Arlington  
Heights, IL 60005**

#### Registration

Registration is required, please  
call (847)-253-5532 to register

