

# GRIEF & LOSS



This workshop will illustrate ways that can enhance coping skills for the bereaved individual and help them process their grief, while helping them understand normal reactions to grief and loss. Participants will explore how reactions can be more complex and require greater interventions.

## Topics Include:

- Different types of Grief
- Impacts of grief
- Contemporary theories of grief
- Models of grief
- Caregiver's role in supporting the process

## Participants will gain:

- Tools and techniques for people working with individuals who have experienced loss and bereavement.



10031 103 Avenue • 780-539-6692 • [askpace@pacecentre.com](mailto:askpace@pacecentre.com) • [www.pacecentre.com](http://www.pacecentre.com)

## FACILITATOR

Carla Eckstrom  
Charlene Eckstrom

## DATE

February 4th, 2021  
via ZOOM

## TIME

1:00 p.m. – 4:30 p.m.

## COST

Registration: \$99

## TO REGISTER CONTACT

## GPRC-CONTINUING EDUCATION

Phone: 780-539-2975

Email: [ce@gprc.ab.ca](mailto:ce@gprc.ab.ca)

Website: [www.gprc.me/pace](http://www.gprc.me/pace)

## Additional Information

- Workshops are facilitated by Pace instructors.
- Participants can attend individual courses without taking the Crisis Response Management certificate.