



Bereavement Support in 90 Minutes



This 90-minute course focuses on the issues of loss and the grieving process. It examines what helps block the process and what helps to move people forward.

8 things you will gain by attending:

- Understand the 5 stages of grief
- Learn what helps people adjust to loss
- Spot abnormal grieving processes
- Examine the positive aspects of loss
- Appreciate how different religious customs deal with bereavement
- Differentiate depression from bereavement
- Discuss the pros and cons of medication in bereavement
- Know when and how to refer to other agencies.