Helping Adults Cope With Grief

Most of us do not deal well with grief, yet we all experience it. What should I say? What should I do? This training will help adults cope with grief by discussing the myths about grief, what to say and not say to a grieving person, healthy and unhealthy grief reactions, coping skills and remembrance rituals. Resources will be shared.

Learning Objectives;

* Identify tools and strategies to support adults coping with grief
* Recognize myths and misunderstandings about grief
* Identify healthy and unhealthy grief reactions
* Understand the role of remembering and rituals
* Review cultural grief customs