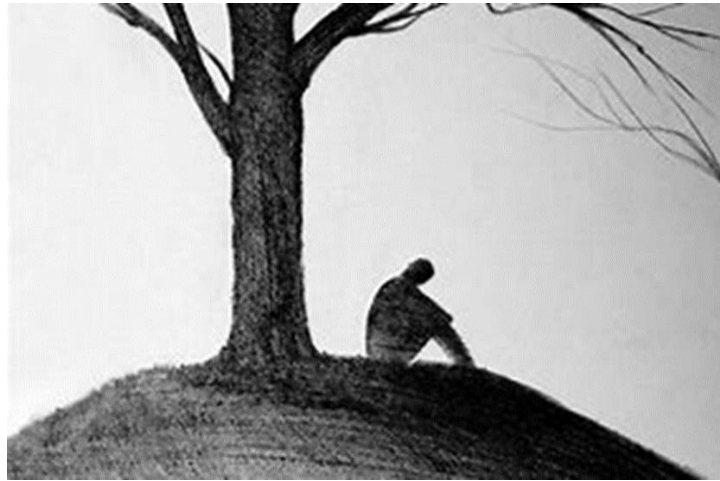


GRIEF AND LOSS WORKSHOP

(This is a brief sample of what we can do for you and your loved ones. Take a look!)



Grief exists, where love once lived.

GOALS:

- To allow participants to explore the issues and situations which present a challenge when coping with loss
- To engage participants in understanding and effectively managing relationships where a loss has occurred

OBJECTIVES:

- To create an environment in which those who are grieving can support one another as they effectively manage the challenges and behavioral issues associated with a loss
- To expose participants to strategies that would enable them to manage their type of loss within a changing environment and to more effectively manage the 'self' at the same time

ACTIVITY – Grief Sentence Completion



Right now I feel.....

The thing I miss about the person/situation is.....

Since the loss, things have been different because.....

My family usually feels.....

I feel the saddest when.....

If I could ask the person I lost one thing, I would ask.....

One thing I liked about the person who I lost.....

One thing I learned from the person who I lost

Any other feelings.....

COPING STRATEGIES

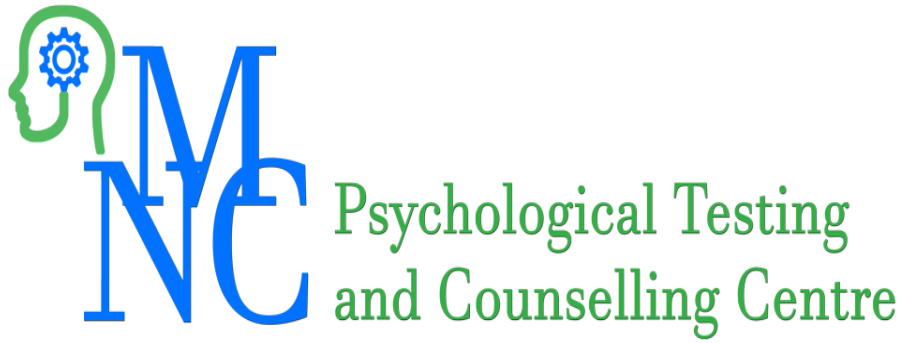


10 Strategies for coping with Grief

Grief is a personal experience, unique to each mourner and unique to each loss. Grief comes in waves, as times of peace and calm are suddenly shattered by overpowering emotion. The following strategies provide a few suggestions to help you ride out the waves as you cope with your grief.

1. **Take time out.** In many ways, the experience of grief is similar to recovery from a serious illness; some days will be darker, and some will be brighter. Recognize your limits, and separate the things that must be done from those that can wait. Don't worry about keeping up with your usual schedule. If you have to cancel or reschedule commitments, people will understand.
2. **Avoid making major decisions.** Grief can cloud your judgment and make it difficult to see beyond the pain you're feeling at the moment. Impulsive decisions – to move or change jobs, for example – can have far-reaching implications for which you may be unprepared. If you must make an important decision, discuss your options with someone you trust, such as a friend or financial advisor.

Call us for more information.




Call us for more information @ 1-868-342-1578

Send us a message@ mncpsych17@gmail.com

We are here to help!

Grief and Loss Workshop - MNC Psychological Testing and Counselling Centre

<p>Post card</p>	<p>From</p> <hr/> <hr/> <hr/> <p>To</p> <hr/> <hr/> <hr/>	
-------------------------	--	---