



Grief + Loss Caregiver Support

Caregivers routinely face death and dying when caring for individuals at the end-of-life. In this 1.5 hour workshop, you will learn the basics of grief, loss, and mourning; understand how grief can impact caregivers; and develop the tools to cope with grief personally and professionally.

Workshop goals:

- Understand grief, loss, and mourning
- Explain the stages of grief
- Understand how grief affects health-care workers personally and at work
- Identify skills and strategies to cope with grief and death

Upcoming Workshops:

Tuesday, July 18

1:00-2:30 PM ET /
10:00-11:30 PM PT

Tuesday, September 26

6:00-7:30 PM ET /
3:00-4:30 PM PT

Tuesday, November 14

3:00-4:30 PM ET /
12:00-1:30 PM PT

For more info:
hcapinc.org/h-cap-academy