

BETHELL HOSPICE

Grief 101: Creating a Support System for People Who Are Grieving

**FREE VIRTUAL
SEMINAR**

**March 10, 2022
7:00 p.m.**



Grief is like an iceberg. From a quick glance, an outsider will only see the tip of the iceberg. But underneath the ocean lies a vast mountain larger than we can fathom.

Because grief can be complex, knowing how to support and care for someone who is grieving can be stressful.

During this webinar participants will gain a better understanding of how to respect the iceberg of grief and the impact of significant loss. Participants will gain a better appreciation for grief, bereavement and mourning, and how it affects the body, mind and spirit. Participants will also obtain the knowledge and develop basic skills necessary to effectively support and care for someone who is grieving.

Date:	Thursday, March 10, 2022
Time:	7:00 p.m.
Location:	Virtual Seminar via Zoom in partnership with Caledon Public Library
Cost:	No cost to participate, but registration is required
Facilitator:	Steven Janzen, MDiv RP
Register online:	cpl.social/Bethell

For more information, please contact Caledon Public Library at:
905-857-1400 or reference@caledon.library.on.ca



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