

Comprehensive Bereavement Skills Training

Saturdays • 10 am - 3 pm

Hospice Services of Lake County is offering a comprehensive training for individuals seeking to more fully understand and navigate through grief and loss

This four part workshop series facilitated by professional grief counselors is an opportunity for professionals, human services staff, and community members who want to explore and learn about death, dying and ways to navigate through grief. Workshops will be held on Saturdays from 10 am - 3 pm. at the Bereavement Center. The training is enriched by thoughtful group interaction, videos, and guest speakers.

Participants are invited to bring their own lunch. Snacks and beverages will be provided. Each session builds on the next so attending four consecutive sessions is recommended. There is a materials fee of \$25.00.

We look forward to guiding participants on this amazing journey.

Session 1: FEBRUARY 2: Companionship the bereaved, essential caregiver qualities, compassion fatigue, misconceptions of grief and loss and more.

Session 2: FEBRUARY 16: Interacting with children and youth through their grief and loss.

Session 3: MARCH 2: Insights into preparing for and dealing with grief and loss.

Session 4: MARCH 16: Complicated grief and loss issues such as suicide, murder, sudden deaths, loss of a child and more.



For more information and to register the training, please contact:

jmoore@lakecountyhospice.org, 263-6270 X 137 or kbradley@lakecountyhospice.org, 263-6270 X 123

**The Hospice Services of Lake County Bereavement Center is located at
1862 Parallel Drive in Lakeport**