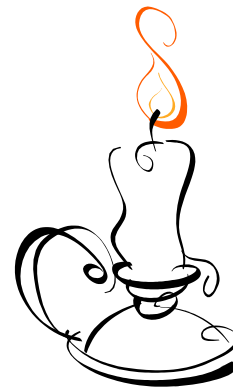


Programs on Grief and Loss



The Journey of Grief: What Can I Expect?

Grief is with us in the many big and small losses we experience throughout our lives. It is a necessary part of our healing. This program will explore the stages of grief and how to walk through the twists and turns on the journey, to experience a sense of peace.

Grieving the Loss of Hopes and Dreams

We all know the importance of grief when the loss is a person, but we may need to grieve the loss of hopes and dreams as well. You will learn the importance of acknowledging your loss (job, relationship, opportunity), and refocusing your energy in a new direction.



Getting Support for Grief and Loss During the Holidays

Celebrating the holidays following a loss can present unique challenges for people who have experienced a loss. This program will assist people in honoring their grief and getting support during the holiday season.

RAINBOWS

Offers grief support for children who are experiencing a loss due to a painful transition in their lives. Training and curricula is available to church and school staff to offer support to children, teens, and adults



For more information about these and other workshops, call Sandy Keiser, LISW at Catholic Social Services, (513) 241-7745



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