

Introduction to Grief & Self-Care



Free Workshop: Friday, April 12, 2019

3:00 p.m. to 5:00 p.m.

Hospice of Humboldt Conference Room

People process grief in different ways, but everyone experiences grief in some form. This workshop is designed to help professionals who work in high loss environments or anyone wanting to understand the grief process.

The topics for this workshop include:

- **Introduction to grief and loss**
- **Signs, symptoms and what to expect**
- **Compassion fatigue and how to stay healthy**
- **Self-care tips and techniques**
- **Resources and referral information**

Facilitated by Candace Wase, Grief Counselor for Hospice of Humboldt



Please call our Grief Support Services at 267-9801 to RSVP or to get more information

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