



LIVING *with* LOSS

SELF-CARE AND MANAGING GRIEF



"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."

– Vicki Harrison, author

It is important to talk about self-care and how to manage grief because it helps people learn how to adjust, cope, and heal after a loved one has died. It also helps us better understand people who are grieving the loss of a loved one. The goals of this lesson are to provide comfort, support, and tips for healthy grieving.



WHEN:

WHERE:

FOR MORE INFORMATION:

