

# 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 companion 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, instruction, 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 companionship 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:**

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