Grief + Loss
Caregiver Support

Caregivers routinely face death and dying when caring for individuals at the end-of-life. In this 1.5 hour workshop, you will learn the basics of grief, loss, and mourning; understand how grief can impact caregivers; and develop the tools to cope with grief personally and professionally.

Workshop goals:
- Understand grief, loss, and mourning
- Explain the stages of grief
- Understand how grief affects healthcare workers personally and at work
- Identify skills and strategies to cope with grief and death

Upcoming Workshops:

**Tuesday, July 18**
1:00-2:30 PM ET / 10:00-11:30 PM PT

**Tuesday, September 26**
6:00-7:30 PM ET / 3:00-4:30 PM PT

**Tuesday, November 14**
3:00-4:30 PM ET / 12:00-1:30 PM PT

For more info: hcapinc.org/h-cap-academy