

## Grief During the Holidays: Finding Hope During the Holiday Season



**RPCI**

GREYSTONE

Bereavement Centre



### Description

This workshop explores grief and loss during the holiday season. It examines the impact grief has on individuals and families during the holidays, many times resulting in a renewed sense of personal loss unlike that experienced during the daily routines of the rest of the year. The workshop provides helpful tips to grieving individuals and caregivers as they journey through grief during the holiday season.

### Learning Outcomes

At the completion of this webinar:

- Participants will be able to define grief and loss
- Participants will be able to describe how grief and loss affects people during the holidays
- Grieving individuals will learn the importance of being patient and realistic with themselves and experiencing their emotions
- Grieving individuals will learn ways to care for themselves during the holidays by eliminating unnecessary stress
- Grieving individuals will understand the benefit of planning ahead and setting limits on what you can and can't do during the holiday season
- Grieving individuals will learn the benefit of doing something for others as a way to help themselves heal
- Grieving individuals will learn the importance of finding hope
- Caregivers will be able to recognize how to support someone who is grieving during the holidays through language and providing a safe supportive environment.

### Designed For

Grieving individuals, care givers, funeral service providers, counsellors, human resources professionals, long-term care aids and volunteers working with grieving individuals.

### Presenter Profile

Sylvia Keall MSW, RSW is a contract grief and bereavement educator with the Greystone Bereavement Centre in Regina. As well as educating, Sylvia provides one-to-one and group support bereaved individuals and families. Through the Greystone Bereavement Centre Sylvia is also a Program Consultant for Families of Missing Persons in Saskatchewan, which includes direct clinical counselling to families as well as program development and research in the area of Missing Persons.