



## Grief in the Workplace Support System

**The resource** to help employees effectively manage grief



## The employer's choice for bereavement support

**Grief in the Workplace** from the Good Grief Center is the only fully comprehensive bereavement support system in the Greater Pittsburgh region. It was developed by bereavement specialists to offer both **proactive** and **reactive** products and services to organizations and their employees.

We understand your responsibility to meet operational goals while providing your employees with direction, encouragement and guidance. Grief in the Workplace strikes an **effective balance between compassion and business sense.**

Our system strives to **eliminate the "avoidance approach" to grief.** It focuses on healthy awareness, encouraging interaction with co-workers and educating employees about effective ways to cope with their own grief.

The Grief in the Workplace Support System utilizes a variety of components. Sessions may be combined with the Compassionate Calling service and the Good Grief Care Package. This **comprehensive approach provides ongoing support** to employees and reminds them that your organization cares.

## The true cost of grief

Grieving can place a heavy burden of stress on a person—affecting his or her ability to think and work, which in turn affects co-workers and colleagues. Statistics\* show 1 in 4 employees is grieving at any given time. By not properly addressing grief in the workplace, your organization may be losing revenue and productivity.

For example:

- 30 work days are lost per year by each employee experiencing grief with no support from co-workers or managers.
- 20% of employees will continue losing work days for more than a year.
- \$125,000 is the average annual cost, in lost productivity, to an organization of 400 employees.

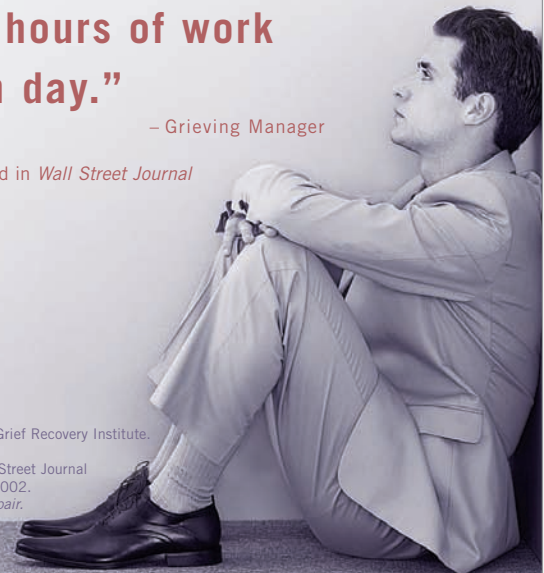
**“I put in my full eight-hour day, but for six months, I didn't do more than four hours of work each day.”**

— Grieving Manager

As reported in *Wall Street Journal*

\*Statistics source: The Grief Recovery Institute.

Quote source: The Wall Street Journal Online, November 20, 2002.  
*The Annual Cost of Despair.*



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## Grief in the Workplace components

System components are implemented based on the needs of your workplace:

- The 2-hour **Educational Session** equips managers, HR professionals and employees with skills to manage grief.
- The 1-hour **Lunch and Learn Session** promotes a healthier culture through a proactive approach to coping with grief.
- The 1.5 hour **Support Session** offers direct support to employees who are dealing with or anticipating the death of a loved one.

The **Compassionate Calling** service consists of focused and supportive calls from the Good Grief Center to offer guidance, compassion and direction to employees.

The **Care Package**, a thoughtful alternative to sympathy flower arrangements, provides healthy, effective ways to work through grief. The journal, CD and Quiet Moment Cards, with suggestions for healing, serve as comfort after the traditional wave of support has passed.

## Grief in the Workplace advantages

The System provides benefits such as:

- Customized programs to address the needs of your organization and fit within its culture.
- Processes that are aimed at improving employee productivity, retention and morale.
- Ongoing support to employees, which decreases absenteeism and increases loyalty.
- Good Grief Center resources that are accessible to employees at no extra charge.

Please contact us for more information on the Grief in the Workplace Support System or to request a customized proposal.

412.224.4700  
[support@goodgriefcenter.com](mailto:support@goodgriefcenter.com)



## Good Grief Center

The **Good Grief Center for Bereavement Support**, founded in 2001, is the region's only comprehensive resource center for grief. We provide a unique combination of customized programs as well as many resources to meet the needs of our community. Our mission, as an established and respected community non-profit, is to be:

*A resource center and safe place where all who have experienced the pain of death may come to work through loss and learn to manage grief.*

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for bereavement support