

- 1-hour group session*
- Offers direct support following the death of a co-worker
- For interested employees or managers

The **Grief in the Workplace Reactive Session** is offered to support members of your organization who are dealing with the death of a co-worker.

The death of a co-worker, whether it be sudden or the result of a long-term illness, **undoubtedly affects the workplace**. In many cases we spend more time with our co-workers than we do with family members or friends.

Employees appreciate the support and concern shown by an employer who acknowledges and reacts to a collective loss. This session provides them a safe place to **talk openly and freely** about the death of their co-worker and teaches them ways to support each other. Because each organization is unique, we will customize the reactive session to meet the needs of your workplace. *Many organizations find that a one-hour session helps people who are more comfortable in a group setting. This can then be followed by one-on-one time with our staff for those who need and want individual support.

The Reactive Session, conducted by experienced, committed and caring professionals, will help employees to:

- Gain an understanding of the various types and implications of grief.
- Recognize and approach the physical, emotional, and behavioral symptoms of grief as a natural part of life.
- Understand the importance of taking care of themselves while grieving.
- Deal forthrightly and compassionately with co-workers who are experiencing grief.
- Learn about the important bereavement support resources available from the Good Grief Center at no cost to employees.

The group portion of the Reactive Session is usually limited to **20 participants** to provide an opportunity for discussion.

