

- 1.5-hour session
- Offers group grief support
- For interested employees or managers

The Grief in the Workplace Support Session is a one and a half-hour session provided for members of your organization who are directly or indirectly dealing with, or anticipating, the death of a loved one.

Grieving employees need our understanding, but we need them to be engaged when at work. Statistics show that **one fourth of a workforce** is experiencing grief at any given time and the grieving process can last for months or even years.

Employees who are able to manage their grief are more likely to resume a productive and engaged work life. This session provides employees with the **guidance and insight to better manage their grief**. Its format includes a facilitated and interactive group discussion.

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

- Gain an understanding of the various types and implications of grief including anticipatory grief.
- Become more comfortable with the grieving process so it can be candidly and confidently discussed and addressed.
- Recognize and approach the physical, emotional, and behavioral symptoms of grief as a natural part of life.
- Realize the role of, and how to best use, a bereavement support group.
- Learn about the important bereavement support resources available from the Good Grief Center at no cost to employees.

The Support Session is usually limited to **20 participants** to provide an opportunity for discussion. Organizations may offer this session on a regular basis (i.e. quarterly) or as-needed.

