



Understanding and Surviving Grief Loss and Trauma

All of us are affected by this at some point in our lives, sadly, many suffer alone in silence over and over. This 5-day session is designed to help individuals learn more about travelling through grief, loss and trauma in the most empowering way possible, for ourselves and others, that we want to help in our lives.

Topics covered in this **SAFE INTERACTIVE 5 DAY WORKSHOP** are:

- ♥ The language of grief, loss and trauma
- ♥ How to do an "emotional check-in" to stay safe and grounded
- ♥ Relaxation and meditation tips that help
- ♥ Active listening techniques
- ♥ Recognizing loss and trauma
- ♥ Loss and trauma timeline
- ♥ Guided relaxation
- ♥ Grief stages/spectrum
- ♥ Understand grief
- ♥ Grief lessons
- ♥ Understanding emotions
- ♥ Coping with grief, loss and trauma
- ♥ How to let friends & family help you
- ♥ Setting healthy boundaries in grief
- ♥ Trauma informed care
- ♥ Sympathy vs. empathy
- ♥ Helping children grieve
- ♥ How women and men deal with loss and trauma
- ♥ Resilience and moving forward techniques
- ♥ Cultural differences - grief around the world
- ♥ How to build trust in a relationship
- ♥ Letting go/release ceremonies
- ♥ Wordens task of grieving
- ♥ Grief memoires

PROUDLY CREATED BY FIRST NATIONS FOR FIRST NATIONS



www.sbegroup.ca
info@sbegroup.ca
Main c: 807-632-6006
Alberta c: 403-768-1445