

Caregiving Through Loss and Grief

for Frontline Professionals and Family Caregivers



Jan 20 - Feb 17, 2021
Wednesdays 10-11am
Online via Zoom

\$200 + GST

Register via YukonU
867-668-8710
CRN 90300

For more info
Hospice Yukon
867-667-7429
hospiceyukon.net

Many jobs that involve supporting and caring for people also often involve loss and grief. The way we respond to grief impacts the quality and sustainability of our work. This 5-part workshop offers:

- An in-depth look at how we grieve
- Skills and resources for supporting others through loss
- Practical tools for reducing stress and finding balance in your life
- The opportunity to feel renewed and more confident in supporting yourself, your co-workers and your clients

This is appropriate for anyone who supports others as part of their work, including: nurses, teachers, social workers, home support staff, therapists, child-care workers, counsellors, EMS staff, First Nation health workers, RCMP, family caregivers, and others.



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