



## Caregiving Through Loss and Grief

The role of a caregiver often involves grief - both our own and the grief of those in our care. Developing awareness of the complex and often hidden losses that affect caregivers can help you feel more confident and satisfied in your role.

This 5-part online course is geared to the unique needs of family and professional caregivers.

Some of the topics include:

- The nature of grief and how it affects caregivers
- Identifying compassion fatigue and burnout
- Creating simple, meaningful grief rituals
- Tools for listening and staying present
- Practical, sustainable tools for regular self-care

**Wednesdays January 21 - February 18, 2026**

**9:30-11:00am**

**Online via Zoom**

**Cost: \$250 plus GST**

**To register:**

**Yukon University**

**CRN 90049**

**867-668-8710**

