



Together hope grows.

Grief's Journey COVID-19 Online Support

Webinars

Ambiguous Grief 101: This is an hour-long educational presentation to introduce grief and Ambiguous grief. We will look at grief reactions and styles, look at common reactions from COVID-19, introduce Ambiguous Grief, and self-care practices. These presentations can also include how to support grievers using a Companionship Model. We can provide these presentations in four different styles:

- Self-Care
- Supporting Youth
- Professionals
- Direct Health Line Staff

*If you are interested in an online presentation in real time, please reach out to Alex Jurgens at ajurgens@griefsjourney.org for more information.

Weekly Webinars

Starting Tuesday, March 31st until further notice, we will be hosting the free webinars via Zoom each week. You can register online at <https://app.etapestry.com/cart/griefsjourney/cart2/index.php> or call us at 402-502-2773. The days and time are as followed:

Ambiguous Grief 101: Self Care

- Tuesdays at 6:30pm
- Thursdays at 12pm

Ambiguous Grief 101: Supporting Youth

- Wednesdays at 7pm
- Fridays at 12pm

Podcast

Grief's Journey: Breaking It Down

Weekly episodes released starting Monday, April 6th.

Episode List

Introduction to Grief's Journey
Grief Defined/Examples of Losses/Effects of Unaddressed Grief
Grief Reaction/Styles/Debunk 5 stages
Supporting Grieving Youth
Support Grieving Adults
Taking Care of Yourself
Ambiguous Grief