

# Understanding Grief Series

3 PART SERIES | 12 - 1 PM CST  
MARCH 21, 28 & APRIL 4

Register today for the free webinar at  
<https://tinyurl.com/griefguide>



The loss of a loved one (patient or client) can have a devastating impact upon those who are left behind. Family members and caregivers are especially vulnerable and need tools to cope with the loss. Please join us for the live webinar series titled Understanding Grief. This three-part series webinar will focus on the intense grief both family caregivers and care professionals experience when struggling with the acceptance of someone near and dear passing.



## ABOUT THE PRESENTER

**DR. EBONI GREEN,**  
CEO/CO-FOUNDER

Dr. Green is the President and CEO of Caregiver Support Services, which specializes in supporting family and professional caregivers across the lifespan through direct supportive services. She is the author of three books *At the Heart of the Matter*, *Caregiving in the New Millennium*, and *Reflections from the Soul*, and currently writes a monthly article that focuses on self-care among caregivers. Green has extensive experience focused on caregivers' health and wellness, with an emphasis on caregiver distress, burnout, grief, and related family conflicts.

## THURSDAY, MARCH 21 | 12 - 1 PM CST COMMON FEELINGS ASSOCIATED WITH GRIEF

The loss of a loved one (or a patient or client) can have a devastating impact upon those that are left behind. In this session common feelings associated with anticipatory and post-caregiving-related grief and loss are explored. Signs of complicated grief, post-traumatic grief responses, complicated spiritual grief, and grief-related depression are introduced. This session will conclude with suggestions for addressing your sadness.

## THURSDAY, MARCH 28 | 12 - 1 PM CST UNDERSTANDING FAMILY DYNAMICS

Everyone hurts but may express his or her sadness in a unique manner. Understanding common responses to grief enhances your ability to support one another. It is important to understand as much as possible right away, so that positive communication begins early, and behaviors remain consistent, leading to improved interactions. This session will provide you with tips and tools to work through grief-related family conflicts.

## THURSDAY, APRIL 4 | 12 - 1 PM CST STRATEGIES FOR SELF-CARE

Self-care is vital to your well-being while you are grieving. You may have trouble sleeping or you may overeat or not feel like eating at all during this stressful time. That is normal. However, it is important that you do not end up depleted. In this final session a variety of best practices for self-care are introduced. You will also have the opportunity to practice a few strategies so that you can determine what works best in your personal self-care plan.



Download "Understanding Grief:  
A Guide for Grieving Caregivers" brochure at  
[rightathome.net/understanding-grief](http://rightathome.net/understanding-grief)

