

# Menu of COPE Community Offerings

## Overview of Grief



Recommended for all adult audiences

60-90 minutes

- How grief impacts the body
- Anticipatory grief and ambiguous grief
- Myths about grief
- Grieving styles
- Disenfranchised Grief
- Non-death related loss
- Words that Help v. Words that Hurt

## Children and Grief



Recommended for educators, school professionals, guardians

60-120 minutes

- Adverse childhood experiences
- Developmental stages and grief
- Features of childhood grief
- Engaging children and teens in conversations about death and grief
- Helpful interventions for children and teens (i.e. Camp Erin)

## Grief Interventions and Support Groups



Recommended for mental health and school professionals, chaplains, hospice admin. etc.

60-120 minutes

- Grief's holistic impact
- Attachment types and grief
- Important grief theories (i.e. Dual process model, Continuing bonds theory)
- Normalizing grief reactions and psychoeducation
- Grief techniques for counseling

## Grief in the Workplace



Recommended for HR, employers and employees

60-90 minutes

- Grief's holistic impact
- Defining "Monday Morning Grievors"
- Grieving styles
- Protecting privacy and sharing grief information
- Accommodations for griever in workplace
- Connecting employees to bereavement support