

WORKSHOP ANNOUNCEMENT!!!

Good Grief: How to cope and move forward.

I am doing a full day workshop! I hope you will join me. In my practice as a clinical psychologist, I have learned so much about grief that I would like to share.

We will study:

- the difficulty of grieving when we live in a death phobic and grief illiterate society
- what we learn about grief from our families, culture, communities and religious institutions
- myths that we are taught about grief
- the idea that love and grief are inextricably linked. Grief and loss are the price of living a connected life
- what is normal in grief (because most people worry that they aren't doing grief right)
- how grief affects your body
- how grief affects your brain
- the process of grief – it is more than the 5 stages of grief
- the new diagnosis called Prolonged Grief Disorder, and the controversy around it
- the concept of ambiguous losses: those which are unclear, and difficult to resolve, and how that connects to racism
- ways to cope with grief and loss, and the role of self-compassion and empathy
- the myth of closure, and what we get instead of closure.

I have practical handouts about the worst and best things to say to someone in grief.

In this workshop you will **not** be asked to share your personal stories of grief.

All this happens in one day, and is filled with discussion, exercises, and stories to optimize your learning. Hopefully, some laughter too. I would love you to join me on November 21st or January 31st at the Manitoba Teachers' Society (191 Harcourt St) from 9 to 4. Cost is \$100.00 unless you are an active member of the Society (\$75.00). You can register online at <https://www.mbteach.org/mtscms/2017/05/02/pd-workshops/>

Here is a "how to register" pdf <https://www.mbteach.org/mtscms/wp-content/uploads/2021/09/nts-HowToRegister-2022.pdf>

If you're like me, and computers never do what they are told, you can call Ashley for help at (204) 837-4666 ext 234. And of course, you can email me (Angela Haig) at haig.angela@gmail.com for more information.