

Good Grief Training Workshops - Dawn Cruchet BN, MEd, CT

Winter/Spring 2007

JANUARY 2007

Who?

The following workshops are designed for social workers, teachers, physicians, psychologists, nurses, childcare educators, spiritual animators, counselors, behavior technicians, clergy, volunteers and anyone working with people to understand loss, the process of grieving and the dying process. Participants will explore personal attitudes and learn strategies and interventions for helping adults, children and adolescents who are coping with dying and grieving.

What?

#1 Good Grief

Participants of this interactive, experiential workshop will:

- Learn about the process of grief
- Clarify personal thoughts, feelings and beliefs about grief
- Explore personal attitudes
- Identify interventions that are helpful to a griever
- Identify risk factors for complicated grief

#2 Helping Children and Teens Deal with Death

Participants of this interactive, experiential workshop will:

- Learn about the process of grief
- Learn how child and teen grief differs from adult grief
- Identify common grief reactions in children and teens
- Clarify personal thoughts and beliefs about grief and children
- Learn helpful interventions with grieving children and teens

#3 The Art of Dying - Understanding Palliative Care

Participants of this interactive, experiential workshop will:

- Learn about the physical, psychological, spiritual processes of dying
- Explore personal thoughts, feelings and beliefs about death and dying
- Learn helpful interventions to accompany the dying

#4 Running on Empty - How do we refuel?

Participants of this interactive, experiential workshop will:

- Identify personal feelings and behaviors when we are running low emotionally
- Reflect and explore coping strategies
- Identify personal "soul food"

Where?

Workshops take place at **The Grief Center**
Queen Elizabeth Health Complex
Suite 443, 2100 Marlowe Ave.
Montreal, QC, H4A 3L5.

Cost per workshop = \$125.00 (incl. taxes and snacks).

How much?

dawncruchet@sympatico.ca or 514.232.3592

To register:

Visit my website! www.dawncruchet.com

All workshops will take place 9 am - 4 pm
Space is limited - register now!

When?

Workshops can be customized for a specific group of people on a requested day. (minimum 5 people, group rates available)

#1 Good Grief Fri. Mar. 2, 2007

#2 Helping Children & Teens Deal with Death Fri. Mar. 30, 2007

#3 The Art of Dying/Understanding Palliative Fri. Mar. 23, 2007

News!

ADEC Conference update

Did you know?

I am pleased to announce that I have agreed to co-host the 30th annual international ADEC (Association for Death Education and Counselling) conference which will be held in Montreal in 2008. I will be putting a committee of interested people together in the future so if you would like me to include you, let me know.

We have chosen the theme of the conference “Global Mourning” and we are in the process of inviting the keynote speakers. Visit www.adec.org for information about 2007 conference in Indianapolis.

McGill’s Programs in Whole Person Care has a wonderful film series “Films that Transform” www.mcgill.ca/wholepersoncare/filmseries and “Seminars on Healing”, also on this website.