

# Good Grief Training Workshops – Dawn Cruchet BN, MEd, CT Certified Grief Educator & Counsellor

MARCH 2009

*Who?*

*What?*

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.

## **#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:*

- Have the opportunity to share difficult and challenging situations
- Identify personal feelings and behaviors when we are running low emotionally
- Reflect and explore coping strategies
- Identify personal "soul food"

## **#5 End-of-Life Issues**

*Participants of this interactive, experiential workshop will:*

- Explore the issue of advance care directives, living wills, mandates
- Explore personal thoughts, feelings and reactions
- Learn helpful ways to open discussions about these topics

*Where?*

Workshop take place at: Suite 445  
Queen Elizabeth Health Complex  
2100 Marlowe Ave.  
Montreal, QC, H4A 3L5.

*How much?*

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

*To register:*

To register contact me at:  
[dawncruchet@sympatico.ca](mailto:dawncruchet@sympatico.ca) or 514.232.3592

Visit my website! [www.dawncruchet.com](http://www.dawncruchet.com)

*Workshops can be customized for a specific group of people on a requested day*

- *minimum 5 people*
- *group rates*

*When?*

- |  |                     |
|--|---------------------|
| #1 Good Grief                                | As requested        |
| #2 Helping Children & Teens Deal with Death  | Fri. April 17, 2009 |
| #3 The Art of Dying/Understanding Palliative | As requested        |
| #4 Running on Empty - How do we refuel?      | As requested        |
| #5 End-of-Life Issues                        | As requested        |

All workshops will take place 9 am - 4 pm

*Upcoming events – contact Dawn for more info*

*For Mount Royal Commemorative Services:*

- |                |   |
|----------------|---|
| Feb. 11, 2009  | Winter & Spring Bereavement Support Groups  |
| May 13, 2009   | Wed. afternoons and evenings  |
| April 25, 2009 | 23rd Good Grief Workshop for Children and Teens   |
| May 7, 2009    | “Memories” – suggestions for getting through anniversary dates followed by candlelighting and the planting of a Memory Bush |

<p><i>The Grief Centre</i></p>	<p><b>We regret to announce that we have had to close The Grief Centre, after 7 years of offering a safe place for over 300 families dealing with loss by death or terminal illness. Since 2002 families that could pay covered our operating costs of rent, telephone, business tax, water tax, etc. We were happy to donate our time and services one afternoon a week and never refused a family who was unable to pay. Unfortunately our expenses began to outweigh our income and we are unable to further subsidize the Centre.</b></p> <p><b>I am trying to find some means of continuing my work with grieving children so I will make home visits and hope to run some groups, especially a Teen Grief Group. Please do continue use me as a resource and I will do my best to help grieving children and teens.</b></p>
<p><i>“Demystifying Death and Dying”</i></p>	<p><b>I will be teaching my course at McGill this spring on Tuesday and Thursday evenings 6 – 9 pm beginning May 5, 2009. If you are interested in more information, please contact me by phone 514.232.3592 or email: <a href="mailto:dawncruchet@sympatico.ca">dawncruchet@sympatico.ca</a>.</b></p>