

May 16 & 17, 2018
London, Ontario

Bereavement Seminars with Dr. Alan Wolfelt

Wednesday, May 16, 2018 from 7:00 pm to 9:00 pm
at Forest City Community Church, 3725 Bostwick Road

Harris Funeral Home Presents a Free Community Seminar

***Exploring Eight Critical Questions
When Someone You Love Dies***

Register for community seminar online at www.HarrisFuneralHome.ca

**Limited
Complimentary
Registrations
for May 17
Workshop**

**Call Harris
Funeral Home
to register:
519-433-7253**

Thursday, May 17, 2018 from 9:00 am to 3:30 pm
at London Convention Centre

Caregiver Workshop

***The Art of "Companioning" the Mourner:
Caregiver Principles to Bring Hope and Healing***

A limited number of complimentary workshop registrations are available for caregivers in London. Please call Harris Funeral Home to register.

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FUNERAL HOME LTD



Alan Wolfelt, PhD: Author – Educator – Grief Counselor

Exploring Critical Questions When Someone You Love Dies – May 16 Community Seminar

Purpose: We look forward to having you join us for this evening of hope and healing. Someone in your life has died. You are now faced with many critical questions related to your grief and mourning. This compassionate program will help you explore these questions and provide you the support you need.

Why This Program: The capacity to love requires the need to mourn when someone you love dies. Don't miss this opportunity to spend an evening with one of North America's leading grief counselors and authors. Dr. Wolfelt can and will help you feel support in your grief.

Agenda: Among the content areas to be explored in this program are the following:

- Will I grieve this loss, or will I mourn this loss?
- Will I befriend the feelings that flow from this loss, or will I deny, repress, or inhibit them?
- Will I be a "passive witness" in my grief?
- Will I embrace the uniqueness of my grief experience, or will I assume I mourn like everyone else?
- Will I identify the six needs of mourning and work on them, or will I fall victim to the cliché "time heals all wounds?"
- Will I move toward "reconciliation" of my grief, or will I believe I must come to a complete "resolution" of my grief?
- Will I embrace my transformation from this loss, or will I keep trying to get my old self back?
- Will this loss add to my "divine spark," or will it take away my life force?

Who Should Attend: This compassionate program will be helpful to anyone who is experiencing grief in their lives. If you know anyone who may benefit from this opportunity to embrace hope and healing, please let them know about this program. We look forward to having you with us.

The Art of Companionship – May 17 Caregiver Workshop

Purpose: This informative workshop will help participants enhance their knowledge and skills related to supporting people experiencing grief and loss. Dr. Alan Wolfelt will explore a "companionship" model of bereavement care that recognizes grief as a normal and necessary process that is fundamentally a journey of the heart and soul. Participants will go away with a wealth of knowledge as they explore the transformative nature of grief.

Who Should Attend: This workshop will be helpful to anyone who wants to learn more about essential caregiving principles for caring for grieving persons. It will be particularly helpful to counselors, social workers, clergy, chaplains, nurses and lay ministers. If you know someone who would find this helpful, encourage them to register!

Objectives: Upon completion of this workshop the participants will be able to:

- Explain the Distinction Between "Companionship" versus "Treating" the Mourner
- Articulate Essential Ingredients of the Caregiver
- Describe Unique Influences on Grief
- Define the Six Critical Needs of Mourning
- Identify a Core Body of Knowledge of the Grief Counselor

Agenda: Among the content areas to be explored in this workshop are the following:

- Introduction: Special Needs of the Mourner in Five Domains
- Exploring a Broader Framework for Loss
- Introduction to "Companionship" versus "Treating" the Mourner
- Inappropriate Assumptions Surrounding Grief and Loss
- Essential Ingredients of the Caregiver (qualities and skills)
- Foundations of "Seeking to Understand" the Mourner (Influences, Dimensions, Six Needs)
- Summary of Caregiver Helping Roles: Support Versus Therapy
- Four Subcategories of "Complicated" Mourning
- The Transformative Nature of Authentic Mourning
- Warning, Challenge, Reminder, Hope

