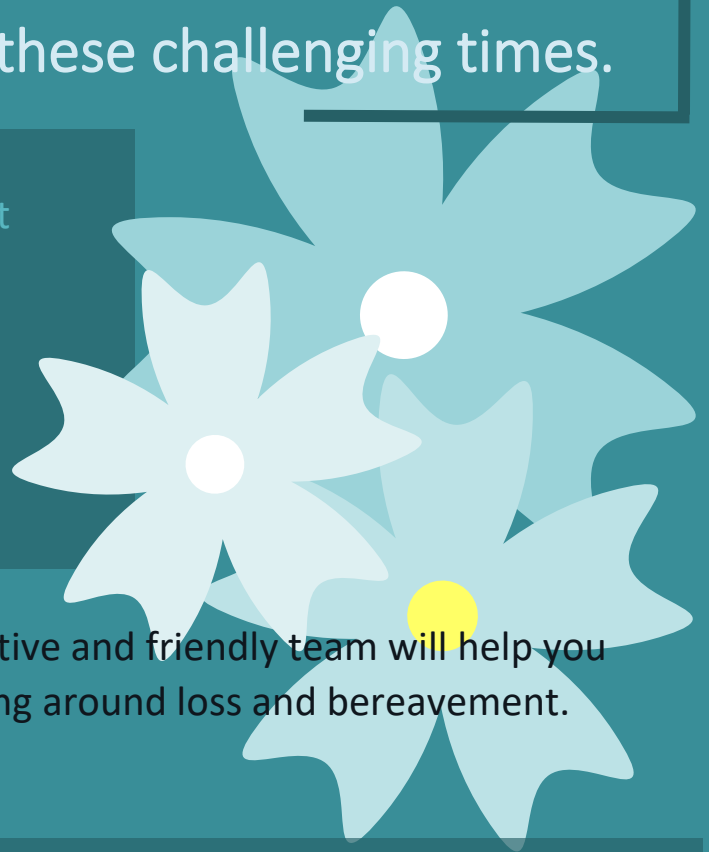




We know many families are facing bereavement due to COVID-19, bereavement is a difficult experience under any circumstances, but the pandemic is leaving individuals and families facing additional and complex situations. Our local communities are essential in providing support during these challenging times.

When someone we know is bereaved it can be difficult to know what to say, these online sessions share theory and understanding around loss and bereavement that can help make difficult conversations a little easier.



The sessions are free to access, our supportive and friendly team will help you develop knowledge, skills and understanding around loss and bereavement.

Sessions Include:

- Bereavement and loss theory
- What is grief?
- Theories of loss and bereavement
- Cultural difference
- Useful techniques
- C-19 specific bereavement and loss
- Complex grief response



**Tickets via Eventbrite:**

[Eventbrite Ticket](#)

These webinars are **free** of charge due to funding from West Sussex County Council Public Health, part of Compassionate Communities West Sussex.

**February dates:** 4<sup>th</sup>-10am to 1pm,  
15<sup>th</sup>- 9am to 12pm

**March dates:** 1<sup>st</sup>, 2<sup>nd</sup>, 16<sup>th</sup>, 22<sup>nd</sup>, 30<sup>th</sup> -1pm  
to 4pm