

# GRIEF EDUCATION

## Supporting Our Community Through Loss, Change, and Life Transitions

Grief is a universal human experience, but most of us were never taught how to understand it, talk about it, or support others through it. Hospice SLO County offers community grief education designed to increase understanding, reduce isolation, and strengthen compassionate communities.

### Grief education helps individuals and communities:

- Understand the many forms grief can take
- Recognize emotional, physical, and social impacts of loss
- Develop language and confidence around difficult conversations
- Learn how to support themselves and others
- Normalize grief as part of the human experience

This work complements — but is different from — counseling or therapy. It focuses on **awareness, skills, and compassionate presence**.



### Why Communities Request Grief Education

Support for caregivers and volunteers • Preparation for end-of-life conversations  
Reducing stigma around grief and mental health • Building compassionate leadership  
Strengthening community connection and resilience

**Audience:** community groups, faith communities, caregivers, professionals, volunteers, senior populations, and the public.

**Format:** interactive presentations or workshops; small to medium group settings; typically 1–2 hours depending on topic; and can be tailored to audience needs.



### Sample Workshop Topics

**Grief 101 Understanding Grief and Loss:** Foundational education about the grieving process, including types of grief (anticipatory, disenfranchised, ambiguous); common grief reactions; myths and misconceptions; and healthy coping strategies.

**Supporting Someone Who is Grieving:** Practical guidance on what helps (and what doesn't); the power of listening and presence; supportive language vs. fixing or minimizing; and building compassionate community responses.

**Aging Forward with Grief and Loss:** Explores losses that often accompany aging, such as physical or cognitive changes; changing roles and identity; loss of independence or community; meaning-making, resilience, and continued purpose.

