



Ambiguous Loss & Grief

Frequency: *Special* 3 week Series

Duration: 1.5 hour

Registration: Required, max of 10-15 participants, min 5 participants

When: Tuesday April 6th
Tuesday April 13th
Tuesday April 20th

Time: 1:00-3:00pm

Where: Google Meets

Concept: Ambiguous Loss and Grief is a special offering for those CarePartners searching to better understand and cope with the many losses associated with providing care to a person living with dementia.

CarePartners will be guided through weekly topics including but not limited to: What is Ambiguous Loss, Grief, Coping, Expectations, Asking for help, Self Care & Wellbeing

Education is provided with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for CarePartners, who are at any stage on the journey, and are searching for additional support with these heavy and complex emotions. This group invites voluntary information and experiences.

Goal: Providing CarePartners a supportive space to better understand and cope with the feelings of loss and grief associated with caregiving for a person with dementia. A variety of themes, topics and resources are incorporated.

Facilitated by our Behavioural Supports Ontario Counsellors