

Grief & Bereavement Education

Tabitha is honored to provide your group with virtual or in person education and resources on a variety of topics surrounding caregivers and tips for the clients and families they support.



TABITHA

IN-SERVICES

Grieving in the Age of COVID-19

- **This Complicates Grief** — Grief at any time is difficult. Grief during/after a pandemic and social distancing has added challenges.

Caregiving & Grief

How can we take care of ourselves while trying to take care of others? These sessions are especially helpful for health care professionals navigating the uncertain and stressful times in the industry. They include a PowerPoint presentation and time for staff to discuss individual questions and concerns:

- **Caring for the Caregiver explores** caregiver grief and stress and how to avoid burnout
- **Feeling Comfortable when Supporting Others** discusses how to approach a person experiencing grief and how to avoid “saying the wrong thing”
- **Grief before the Loss** explores how we grieve small losses before the loss by death occurs
- **Grief 101** Discusses the basics of grief including some common myths

RESOURCES

Printed handouts are available on a variety of grief-related topics. Contact the Tabitha bereavement team for copies.

- Grief During Social Distancing
- Caring for the Caregiver: Spiritual Health
- Caring for the Caregiver: Emotional and Physical Health
- Anticipating Grief and Holidays
- Ruminating and Grief

To learn more, contact Tabitha Hospice:

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