

# Grief and Bereavement Support Training – 2016

*3 day learning opportunity for service providers and volunteers*

**1<sup>st</sup> TRAINING – February 10, 11, 12 (Wed, Thurs, Fri)**

**2<sup>nd</sup> TRAINING – March 10, 11, 12 (Thurs, Fri, Sat)**

**Time:** 8:30 am – 4:30 pm each day

**Location:** Varies with each 3 day training

## **Do you interact with people in grief through your professional or volunteer work?**

Our 3 day training program gives health service providers and volunteer's information, tools and practice to enhance your knowledge and better prepare you to support and companion those navigating the wilderness of grief.

### **The 3 day experience:**

This training provides an opportunity to learn about grief, the needs of the bereaved, and how better to support them using a peer to peer model. The training contains individual and group work, and the opportunity to learn from each others personal and professional experiences. It combines experiential and classroom style learning based on the 'companioning' approach to bereavement support.

### **safeTALK:**

In addition, the 3 days include training in SafeTALK, suicide alertness training. ( [www.livingworks.net/programs/safetalk](http://www.livingworks.net/programs/safetalk))

It is common in grief to experience a loss of purpose and will in life and to feel unable to cope and carry on. This can lead to thoughts of suicide. As a person companioning the bereaved, we have an opportunity to offer support if we notice signs that indicate someone is struggling. SafeTALK training prepares you to be alert to signs, and speak directly, openly, confidently and safely to someone who is thinking of suicide and to connect them to someone who can provide intervention support.

### **Training Certifications:**

On completion participants will be presented with both a certificate from BFO Ottawa (grief & bereavement support training) and from LivingWorks (safeTALK training)

**Details:** Training materials, beverages and snacks provided, Bring your own lunch

**Registration:** Please register online (link to be announced) or by phone and send registration form via email:  
Deborah Krogan 613-567-4278 [office@bfo-ottawa.org](mailto:office@bfo-ottawa.org)

**Fees:** **\$500** professionals/healthcare providers/community support persons  
**\$250** students (proof of student status)  
**\$\_\_\_** group rate for organizations with 3 or more people attending (contact Deborah)

