

Understanding Grief and Loss

Free Online Workshop

The Derbyshire Federation For Mental Health



UNDERSTANDING GRIEF DURING A PANDEMIC



Experiencing grief and loss is often a painful, anxious and a difficult time. We often feel lost and overwhelmed with our thoughts and feelings whilst trying to manage day to day life. Feeling lost and worried for the future can often be felt by many.

During a pandemic, it is often difficult to access the ways and people that would support us. Covid-19 has impacted so many individual's in so many ways, including grief.

This workshop has been created for anyone who has been impacted by the loss of someone during this time. For individuals to access information and supportive tools to help themselves and support others during this time of healing.

The sessions are delivered via Zoom and are approximately 1.5 hours in duration.

Spaces are limited.

To book please visit our Eventbrite page:

www.eventbrite.com/o/derbyshire-federation-for-mental-health-29631000175

For more information please email us at:

thewellnessproject@dfmh.co.uk

