



# FREE Virtual Training Sponsored by Alameda County Behavioral Health: **Supporting Those Who Experience Grief During the Holidays**

**This training is for Alameda County Behavioral Health and ACBH contracted provider staff.**

In this workshop, we will provide a high-level overview of The Grief Recovery Method, an evidence-based program to help individuals heal from the pain of loss. We will differentiate between grief and bereavement, and discuss the different kinds of losses that can cause emotional pain. We will also discuss some tools and strategies for supporting someone who grieves during the holiday season.

## **LEARNING OBJECTIVES:**

**At the end of this training participants will be able to:**

- Articulate the definition of grief.
- Identify at least 3 types of losses someone might grieve in addition to a death.
- Define "STERB" and discuss how unresolved grief connects to an individual's physical health.
- Discuss helpful and unhelpful statements people say when supporting a griever.

**Date:  
Tuesday,  
October 18, 2022**

**Time:  
9:30 am -  
11:00 am PST**

**Registration Link:**

<https://www.surveymonkey.com/r/Oct18RegistrationGriefDuringHolidays>

**\*\*Continuing Education credit is **not** available for this training\*\***



The instructor for this course is **S. Brooke Briggance**, Program Director of Cypress Resilience Project, a program of Public Health Institute. Learn more about our work at [www.cypressresilience.org](http://www.cypressresilience.org).

**For assistance with registration & other inquiries, please email:  
[klane@phi.org](mailto:klane@phi.org)**

If you have a reasonable accommodation request, or grievance regarding an ACBH training, please email or call the ACBH Training Unit at (510) 567-8113, [training.unit@acgov.org](mailto:training.unit@acgov.org).



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