

Mendocino Coast Hospitality Center

GRIEF & LOSS SUPPORT

TUESDAY @ 2:00PM

Overall Group Objectives:

- Identify losses that have been experienced in your life, using a checklist provided by the group facilitator
- Identify the three to five most significant losses they have experienced, and describe how those losses have affected them.
- Students will be able to describe normal feelings and responses to loss, as well as reactions that indicate a need for further help and support.
- Students will be able to describe at least five reasons it is important to address grief and loss, what to expect while going through the process, and what to expect when the process is complete.
- Gain the ability to describe the five stages of grief, and identify where they are in these stages.
- Students will learn and practice the skills needed to listen and give support to others regarding losses, without taking on anyone else's burdens.