

Looking at Loss and Grief

Professional Development Training by The Grief Centre

It's So Weird!

15th October 2019 - Tauranga

Presented by Tricia Hendry

Understanding, supporting and empowering teenagers who are coping with difficult times of change, loss and grief.

This workshop will cover an overview of:

- What grief is for teens
- Common teen reactions to loss and grief situations of all kinds
- The adolescence factors in play and the common concerns of grieving teens
- What grieving teens need the most
- Support skills, tools and strategies - What can we do? How can we be? What helps?
- Taking their loss and grief experience with them as they become adults
- Building up the resilience of teen
- Warning signs that specialist help may be needed and options available (includes a look at depression versus grief)

About the presenter - Tricia Hendry

Tricia is well-known nationally as an author and presenter on issues of loss, grief, trauma, resilience, and suicide bereavement. She has Lived Experience of suicide bereavement after her husband died at 38, leaving her and three young children to navigate the aftermath. Tricia is an independent educator, writer, and consultant on support projects for a range of community, health, education, and government organisations. She also works as a professional supervisor. Formerly she worked as the Deputy Chief Executive of Skylight and developed its innovative resources and resource centre. Prior to that, Tricia worked as a secondary school teacher and youth worker.

Further Information

- Date:** Tuesday 15th October 2019
Time: 10am - 1.30pm
Venue: Day Services Entrance, Waipuna Hospice,
43 Te Puna Station Road, Tauranga 3176
Cost: \$95 plus GST



To register please email events@griefcentre.org.nz

www.griefcentre.org.nz

Transformative support through loss and grief