

# **The Centre for Living with Dying's 2025 Life Change Workshops**

**Register for any of the CLWD Trainings by sending RSVP Email to:  
[ahall@bwcmail.org](mailto:ahall@bwcmail.org) & [atamkun@bwcmail.org](mailto:atamkun@bwcmail.org) Subject=Name of Training**

## **Managing Loss and Change: Unpacking our Backpack February 7, 2025 12:30-4:30 p.m.**

Life is full of constant movement, unresolved feelings, loss, challenges, and change. Issues such as death, serious illness, job loss/change, separation/divorce, violence or traumatic events affect us personally and professionally. In this class, we will focus on ways to unpack the incremental stressors that we carry. We will explore ways to defuse the intensity they can have on our lives.

## **Compassionate Grief Support- Psychological First Aid (Basic) March 7, 2025 8-4 p.m.**

This training is available for persons wanting to learn the skills necessary to respond to a family, coworkers, and the community after a critical incident has occurred. Join this unique training to gain knowledge of evidence based protocols used in triage, assessment, intervention, and follow-up with persons in crisis. Skills taught include Psychological First Aid (PFA), Critical Incident Stress Management (CISM), and additions from The Centre for Living with Dying' 49 years of providing community crisis response. You will learn how to listen for symptoms related to grief and loss; determine the difference between distress and dysfunction; when you need to refer to a higher level of care; and how you as the responder could react when providing grief support. Everyone attending will learn healthy tools for coping and self-care strategies that work for you, the caregiver. In CGS-PFA Basic, you will learn as a group the basics of community crisis response protocols. Learn histories of our Centre, PFA, CISM, and how they are used to support persons after a crisis has occurred.

## **Compassionate Grief Support- Psychological First Aid (Advanced)**

**April 4, 2025 8-4 p.m.**

*\*CGS-PFA Basic is a preferred prerequisite for this training\**

This training is available for persons wanting to learn the skills necessary to respond to a family, coworkers, and the community after a critical incident has occurred. Join this unique training to gain knowledge of evidence based protocols used in triage, assessment, intervention, and follow-up with persons in crisis. Skills taught include Psychological First Aid (PFA), Critical Incident Stress Management (CISM), and additions from The Centre for Living with Dying' 49 years of providing community crisis response. You will learn how to listen for symptoms related to grief and loss; determine the difference between distress and dysfunction; when you need to refer to a higher level of care; and how you as the responder could react when providing grief support. Everyone attending will learn healthy tools for coping and self-care strategies that work for you, the caregiver. In CGS-PFA Advances, you will learn as a group the advanced crisis response techniques with practice and discussions using real life events. Dive deeper into assessment and referral. Learn the differences between distress and dysfunction and appropriate care for both.

### **What to Say after I'm Sorry**

**May 2, 2025 9-1 p.m.**

Very few people learn what to say or do in the event of loss, illness, or trauma. We may want to help, but may not be sure how. Explore simple and profound techniques for being present for a coworker, friend, or family member in a positive, helpful way during these emotional and stressful events.

### **Messaging & Death Notification after Crisis**

**June 6, 2025 9-1 p.m.**

Death notifications are always tough. Supporting your co-workers means ensuring that they are well prepared and have plenty of support available afterwards. Giving bad news to children – and even just seeing children absorbing the impact of a death of a parent, sibling, grandparent, friend or other loved one – will often make it even tougher. Learn how to deliver this delicate task from the years of Janet Childs' experience. Learn additional tips on how to create compassionate messaging for family & friends when they are ALL asking "How can I help."