



"Parents are a child's first and most important teacher"

SUPPORTING ADULTS AND CHILDREN WITH GRIEF AND LOSS

This has been quite the year. Society has had to collectively pivot our lives so that we can survive. Schools have been closed, cancelling exams. Weddings and other celebrations have been cancelled. We have been living in crisis mode for longer than we were ever meant to. We have experienced loss on a systemic level. Now that the crisis is beginning to subside, we must cope with the feelings we have been bottling up for so long. Part of this process will mean taking time to consider lessons learned. Resilience is our ability to bounce back....and we will bounce back. In this seminar, we speak about the importance of taking some time to reflect on the losses we have experienced and honour them in our hearts. We are changed from this past year. Let's make that change one that matters.

SESSION OUTLINE

- Defining "Loss" and what it looks like for all ages
- Understanding different types of loss
- Reflecting on loss in a healing way that builds bonds
- How to choose your thoughts and quiet the parts of us that are not helpful
- How to ground and regulate emotions for the important people in your life
- Teaching children to learn to regulate their own emotions and find their own resources

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions & signposting for future support

Gwendolyn Jones (Speaker)

Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen initially studied Psychology at the University of Utah, then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.