

GRIEF & LOSS MATTERS

Supporting Adults & Children with Grief & Loss

Living through a pandemic, society has had to collectively pivot our lives so that we can survive. Schools have been closed. 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 webinar, we address 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 experience. 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 fine their own resources

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen is completing an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 7 years speaking about Diversity & Inclusion and Wellbeing. She studied Psychology at the University of Utah and 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 in causes such as: LGBTQ+ marriage rights, Animal Conservation and Rock the Vote.