

# Understanding the Experience of Grief

## What can I expect to learn?

This class provides information and support for people who are grieving the loss of a loved one and those who support them. A Social Worker will explore the following areas:

- What grief and loss look like and how it impacts your daily life?
- What do we know about grief?
- How to care for yourself when grieving?
- How to cope on special days, anniversaries, and holidays?
- How to help someone who is grieving a loss?

## How many classes are there?

One class for 1 hour and 15 minutes

## How is this class being offered?

Over Zoom and in-person

## Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

## How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); **or**
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

