

# Understanding the Experience of Grief



This class provides information and support for people who are grieving the loss of a loved one and those who support them. The following will be talked about during the class:

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

In-person and online classes cover similar content. If possible, we recommend attending the in-person classes, as there are more volunteers with lived experience of grief to share their stories.

**Note:** This class is a **separate offering** from any other services related to the Calgary Grief Support Program. If you are registered with the Calgary Grief Support Program and have questions about your work there, please call them at 403-955-8011.

This is a general information class for a general audience. It is not a therapeutic group and not meant to replace the advice of primary health care providers.

Class Type	Date	Time	How to Register
In-person (Calgary)	Saturday, May 24	2:00 p.m. – 4:00 p.m.	In-person at Village Square Library <a href="#">Drop-in or register Online</a>
Online	Tuesday, June 3	2:00 p.m. – 3:30 p.m.	<a href="#">Register online</a> or call 1-844-527-1160
In-person (Calgary)	Monday, April 28	5:00 p.m. – 7:00 p.m.	In-person at Richmond Road Diagnostic & Treatment Centre <a href="#">Drop-in or register online</a> or call 1-844-527-1160
	Monday, June 23	5:00 p.m. – 7:00 p.m.	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



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Alberta Healthy Living Program