



# Understanding the Experience of Grief

## Class Materials

The class materials are listed below. Click on the names to view each of them.

We encourage you to review the materials before the class and write down questions you have.

- [Grief Support Program - Calgary Zone](#)

These handouts are not available online and will be emailed to registered class participants.

- Understanding the Experience of Grief – slides
- Understanding the Experience of Grief Tri-fold Brochure



<https://www.ahs.ca/info/Page16878.aspx>

Updated August 19, 2025



**Primary Care  
Alberta**

Alberta Healthy Living  
Program