

# Grief in the SHADOWS

WHEN A GRIEF EXPERIENCE IS DISENFRANCHISED

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## GRIEF IN THE SHADOWS: WHEN A GRIEF EXPERIENCE IS DISENFRANCHISED

Society has unwritten rules and expectations for many things. Grief is no exception. We can all feel the pressure regarding how we grieve, and how long we're "allowed" to grieve. But there are some of us who get the message that we're not really entitled to grieve at all. Our grief can be disenfranchised for a number of reasons, including the relationship we had with the person who died or the way in which they died.

Grief under any circumstance is challenging to navigate. Yet, when the world doesn't acknowledge our grief, or we feel unable to speak about our grief experience, our grief journey can be greatly impacted. Join this webinar as we explore the communities and the types of deaths that are often disenfranchised, and how to support an individual experiencing grief that is unrecognized or overlooked.

### OBJECTIVES

During this webinar, participants will:

1. Define disenfranchised grief.
2. Identify the types of deaths and communities that are often disenfranchised.
3. Discuss formal and informal ways of providing support to individuals and communities experiencing disenfranchised grief.

