GRIEF TALKS
EDUCATIONAL WEBINARS FROM THE HIGHMARK CARING PLACE

IT'S OK TO NOT BE OK

AFFIRMING ALL FEELINGS OF GRIEVING INDIVIDUALS

THURSDAY, NOVEMBER 18TH FROM 2 - 3PM (LIVE ET)

PRESENTED BY ALEXA LIVELSBERGER, LCSW, CONOR DAWLEY, LPC, CT
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OUTREACH & EDUCATION COORDINATORS/CHILD GRIEF SPECIALISTS

THIS IS A **NO COST** WEBINAR. **NO REGISTRATION REQUIRED.** WE ARE UNABLE TO PROVIDE CEUS - IF YOU WOULD LIKE TO RECEIVE A CERTIFICATE OF ATTENDANCE THAT REFLECTS 1 CONTACT HOUR, YOU MUST PROVIDE A NAME AND E-MAIL WHEN SIGNING INTO ZOOM FOR THE WEBINAR. PRESENTATION MATERIALS CAN BE PROVIDED UPON REQUEST.

NO REGISTRATION REQUIRED. TO ENTER THE WEBINAR ON NOV. 18TH @ 2PM, USE THE QR CODE, OR TYPE - **http://bit.ly/GriefTalkCGAD21**

HIGHMARK. CARING PLACE
A Center for Grieving Children, Adolescents and Their Families

IT'S OK TO NOT BE OK: AFFIRMING ALL FEELINGS OF GRIEVING INDIVIDUALS

How often do we find ourselves answering the routine question of *"How are you?"* with the routine answer of *"OK?"* How often do we answer that way even when we're feeling anything but OK?

We're not encouraged, most of the time, to share our honest feelings with those around us. More than that, we can also sense a pressure to avoid even *experiencing* our honest feelings within ourselves. It's easy to feel like not being OK is a condition to be shunned.

Join us for a special edition webinar on Children's Grief Awareness Day where we explore this year's theme, "It's OK To Not Be OK." Learn about the range of feelings experienced in grief so that you can have increased compassion for yourself and others as we create a community that supports and affirms grieving individuals—even when they might not be OK.

OBJECTIVES

During this webinar, participants will:

1. Explore the 2021 Children's Grief Awareness Day theme "It's OK To Not Be OK."
2. Describe the range of feelings experienced by grieving individuals.
3. Recognize three ways to support grieving children and adults.