

WALKING THROUGH UNCHARTED TERRITORY

THE CHALLENGES OF GRIEVING YOUNG ADULTS

WEDNESDAY, FEBRUARY 3RD FROM 2 - 3:30PM (LIVE EST)

PRESENTED BY CONOR DAWLEY, JANET ARIDA, & TERRI BOWLING
OUTREACH & EDUCATION COORDINATORS/CHILD GRIEF SPECIALISTS

THIS IS A **NO COST** WEBINAR. WHEN REGISTERED, YOU WILL RECEIVE A ZOOM LINK THE EVENING BEFORE THE WEBINAR. NO CEUS WILL BE PROVIDED. PRESENTATION MATERIALS CAN BE PROVIDED UPON REQUEST.



TO REGISTER USE THE QR CODE, OR TYPE
<https://bit.ly/grieffalkyoungadult>
YOU MUST REGISTER NO LATER THAN
TUESDAY, FEBRUARY 2ND.



WALKING THROUGH UNCHARTED TERRITORY: THE CHALLENGES OF GRIEVING YOUNG ADULTS

The transition from adolescence to young adulthood is inherently a time of change and uncertainty. This uncertainty can be amplified when the death of a loved one occurs during this significant passage of life.

In the midst of large adjustments and transformations, the major disruption of a death can feel particularly destabilizing. On top of that is the young adult's shifting sense of identity—no longer a teenager, but not quite settled as an adult. Is it “childish” to even give in to these overwhelming emotions?

This webinar will describe the issues unique to grieving young adults, and explore ways of supporting young adults during times of grief, including the importance of connecting them with supportive peers.

OBJECTIVES

During this webinar, participants will:

1. Understand the experience of grief for young adults.
2. Identify three unique difficulties of grieving during young adulthood.
3. Discuss ways of giving and receiving support as a grieving young adult.

