

# 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. A Social Worker will talk about the following:

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

**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.

Class Type	Date	Time	How to Register
Online	Thursday, June 6	2:00 p.m. – 3:30 p.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
In-person	Saturday, April 20	2:00 p.m. – 4:00 p.m.	In-person at Village Square Library. Registered through the <a href="#">Calgary Public Library</a>
	Monday, May 27	5:00 p.m. – 7:00 p.m.	In-person at Richmond Road Diagnostic & Treatment Centre <a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone

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.

[Join our e-mail distribution list](#) to receive the newsletter and other updates for the Alberta Healthy Living Program – Calgary Zone.



Updated April 8, 2024



**Alberta Health  
Services**

Alberta Healthy Living  
Program