

Death & Grief Education

Free Evening Event

Living with Loss, One Day at a Time

Tuesday, February 24, 2015

6:30 – 8:00 p.m.

Bryan Health – East Campus
Plaza Conference Center
1500 S. 48th St., Lincoln

Whether you are mourning the loss of a loved one or faced with a terminal illness, surviving and thriving is within you. Embrace your journey by living one day at a time navigating the challenges while celebrating your life and those around you. Join us for an evening filled with thought provoking ideas to help you learn to live with your loss while understanding your emotions.

Join us for this informative session and learn ways to support yourself and your family through their grief. There is no cost for this event, but pre-registration is required. To register, go online to <http://bryanhealth.cvent.com/living> or call 402-481-8886.

Many thanks to the Community Health Endowment and HoriSun Hospice Community Foundation for funding to cover speaker fees, therefore allowing this event to be a free community program.

Co-sponsored by:

Bryan Health
Community Health Endowment
Cooper Foundation
HoriSun Hospice Community Foundation
Mourning Hope Grief Center
Southeast Community College

Day-Long Workshop

Grief in the Workplace: Challenges, Obstacles and Compromises

Wednesday, February 25, 2015

8:30 a.m. – 3:45 p.m.

Southeast Community College Continuing Education Center, Lincoln
(6.0 contact hours awarded)

Every day in the U.S. alone, more than 30 million people are grieving the death of someone that they love. Many people who work together become like an extended family. Therefore when a colleague dies or one is grieving a death loss, the impact on his/her co-workers can be tremendous as well. Employees naturally bring grief into the workplace – compromising productivity and influencing workplace dynamics in a variety of manners. The proper support at work is essential for an individual to successfully navigate through the grieving process. This in turn helps their entire family cope with the stressors that come with grief. This powerful educational program will influence the way caregivers and employers both proactively and reactively address the bereavement process in their organizations. The day will address current challenges of mobile societies, company policies, social media, community crisis events, and compassion fatigue while providing tools and ideas for supporting the workplace.

Who should attend? This program is appropriate for anyone who has or is working with a grieving co-worker including, counselors, clergy, nurses, social workers and human resources staff in any setting.

Fee: \$99 (lunch will be provided)
Thanks to the generosity of the Cooper Foundation, all attendees will receive a free copy of Ms. Kodanaz's workbook, *Grief In the Workplace Management Handbook*, valued at nearly \$30.

How to register: Call 402-437-2700 to register or email continuinged@southeast.edu to have a brochure mailed to you. You can also visit us online at www.southeast.edu and type "mourning hope" in the search bar.

Rachel Kodanaz is an author, speaker and consultant offering encouragement to those who are suffering a loss or setback. Overcoming her own adversary following the sudden death of her husband, leaving her with a two-year-old daughter, her experience in the management of large corporations led her to develop and publish resources supporting grief and loss in the workplace.

Ms. Kodanaz holds a BS in business administration from Bryant University. She is a national speaker, a columnist for *Living with Loss Magazine*, and has published numerous articles and handbooks on grief; and her book, *Living with Loss One Day at a Time*, has received international acclaim. Her compassion and commitment is evident



in the support she provides to national grief and loss programs, including Soaring Spirits International, National Alliance of Grieving Children, Tragedy Assistance

Program for Survivors (TAPS), employee assistant programs, and human resource endeavors.


Mourning HOPE
grief center

