

The Horizon Foundation, in partnership with
the Wendt Center and Gilchrist, presents:

A FALL SERIES ON GRIEF, LOSS AND TRAUMA



REGISTER HERE:
bit.ly/WCTI_Fall2021

**Attendees can register for
more than one session.**

**Each session will be recorded and
made available to registrants at
the end of the series.**



Tuesdays at 10 a.m. | Sept. 14 - Oct. 5

The uncertainty of 2020 has continued into 2021. This series will include four 1-hour sessions that frame the losses we have faced — and continue to face — as we attempt reentry and a return to past routines. We will discuss grief responses and provide realistic strategies to sustain yourself and support others in the face of grief and trauma exposure.

Topics will include:

Caring for Yourself

Tuesday, Sept. 14, 10 a.m.

Learn healthy coping techniques and strategies to sustain yourself in the face of grief and trauma we have experienced. *Who should attend:* everyone.

Caring for Youth

Tuesday, Sept. 21, 10 a.m.

Learn tips on supporting children and youth in the face of uncertainty. *Who should attend:* educators, parents, health care providers and anyone who lives or works with youth.

Caring for Older Adults

Tuesday, Sept. 28, 10 a.m.

Understand older adult's needs and learn tools to provide support. *Who should attend:* health care providers, long-term care and assisted living providers and anyone who lives or works with older adults.

Caring for Each Other

Tuesday, Oct. 5, 10 a.m.

The losses, injustices and inequities we have experienced this past year can impact our mental health. Come learn more about how we can best support each other through times of trauma. *Who should attend:* everyone.