



# FREE SEMINARS

## *Grief Specialist Alan Wolfelt, Ph.D.*

Alan Wolfelt, Ph.D.

Author \* Educator \* Grief Counselor

### **Exploring Death, Grief, and Mourning:**

**An Evening With Dr. Alan D. Wolfelt**

### **The Art of “Companioning” the Mourner:**

**Caring Versus Curing**

#### **FREE COMMUNITY SEMINAR**

***October 19<sup>th</sup>***

***7:00 – 9:00 p.m.***

***North Bay Community Church  
3170 N. McMullen Booth Road  
Clearwater***

**Purpose:** We all face grief at some point in our lives. We grieve the painful loss of a loved one, a job or even a marriage. Join us for this special evening of hope and healing. This compassionate program will offer you support in your personal grief experience. It's an opportunity to spend an evening with one of America's leading grief counselors. Dr. Wolfelt can help you feel support and give you tools to deal with your grief.

#### **FREE EDUCATIONAL SEMINAR**

***October 20<sup>th</sup>***

***9:00 – 11:00 a.m.***

***Empath Health  
3050 1st Ave South  
St. Petersburg***

#### **CEU Hours - Continuing Education:**

Two contact hours provided via Empath Health CE Broker Provider #50-1994 for nurses, marriage & family therapists, mental health counselors, social workers and nursing home administrators. All others will receive a certificate of completion.

**FREE Registration:** These events are free & open to all who want a message of hope & healing.

Please call us by October 17 to reserve your seat. Seating is limited.

**727.789.2000**

Free handout materials & refreshments



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## About the Presenter

Dr. Alan Wolfelt is a noted author, educator and grief counselor. A frequent guest of the media, Dr. Wolfelt has appeared on the Oprah Winfrey Show, the Larry King Show, The NBC Today Show and Nick News. He is the author of over thirty books on grief and loss.

## Exploring Death, Grief, and Mourning: An Evening with Dr. Alan D. Wolfelt *A Free Educational Seminar – October 19th @ 7:00 PM*

### Objectives / Agenda:

- Acknowledging the Need to Mourn
- Exploring a Multitude of Emotions
- Recognizing Unique Aspects of Your Personal Grief
- Defining Your Special Needs in Five Areas of Loss
- Understanding the Importance of Self-Care
- Identifying the Value of Support Systems
- Describing Six Important Needs of Mourning
- Exploring the Transformative Nature of Grief
- Having Hope for Your Healing
- The Bill of Rights of the Mourner

## The Art of “Companioning” the Mourner: Caring Versus Curing *A Free Community Seminar – October 20th @ 9.00 AM*

### Objectives / Agenda:

- Define a Broader Framework for Loss/Grief
- Explain the Distinction Between “Caring” versus “Curing”
- Understand the Eleven Tenets of “Companioning” versus “Treating” the Mourner
- Identify the Concept of “Shadow of the Ghosts” of Grief
- Define Six Universal Needs of Mourning
- Exploring a Broader Framework for Loss/Grief
- How our Culture Values “Cure” Over “Care”
- Understanding the Concepts of “Sanctuary” and “Hospitality” that require Convalescence
- Defining the Concept of “Shadow of the Ghosts”
- Exploring Inappropriate Socio-Cultural Assumptions About Grief
- Challenging the “Resolution Wish”
- Introduction to the Eleven Tenets of “Companioning” the Mourner
- Advocating for the Slow Grief Movement

**FREE Registration - Call Today**  
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