



Nechi Institute: Centre of Indigenous Learning

GRIEF AND LOSS

Five Day Workshop

This workshop will look at the effects of grief and loss recovery. Grief affects every aspect of wellbeing.

1. Examine personal attitudes, feelings and values
2. Describe the grief process of loss and trauma
3. Identify and describe Indigenous holistic approaches to recovery
4. Discuss triggers and appropriate responses
5. Discuss strategies to develop support self and others
6. Explore own grief issues and consider what is needed for healing
7. Examine and discuss grief and the aspects of the Medicine Wheel

Location: Nechi Institute: Centre of Indigenous Learning Online Learning
13535 122 Avenue
Edmonton AB T5L 2V7

Time: 9:00 a.m. – 4:30 p.m.

Fees: \$2,000.00 per person – includes materials

Please call
780-459-1884
for more
information

*****Minimum 10 participants*****

FOR MORE INFORMATION
PLEASE CONTACT NECHI INSTITUTE AT 780-458-1883 or via email to
eileen.lines@nechi.com

NECHI INSTITUTE: CENTRE OF INDIGENOUS LEARNING www.nechi.com

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