

One Day Loss & Bereavement Training

Bereavement Training That Works!

What do I say? Most people feel awkward when dealing with the bereaved, especially in a work environment. Not knowing what to say or do can result in a low quality or potentially damaging interaction.

We can help! - Cruse Birmingham is a local organisation and for over 40 years has been committed to helping bereaved people understand their loss and cope with their grief. Our training helps you to understand the nature of grief and how to manage a grieving person in a positive and effective manner. As a result you will be able to be more caring and professional, while significantly enhancing the quality of service and support that you give.

Our **Loss and bereavement** course is designed for any organisation that would like to manage grieving people more effectively. The training is experiential, activity based and provides ample opportunity for discussion.

If you want your organisation to be more prepared to deal with one of the biggest and most devastating events that can ever happen to a person, then please book your place online.

Aims of the training...

Raising Your Awareness of the issues involved with grief through theory, exercises and discussion.

Developing the basic Skills that are required to support and deal with a grieving person. We will also cover what to say and what not to say, and working with difficult feelings.

Increasing Your Knowledge of the grief process and a variety of bereavement theories in a simplistic way that can be applied practically. There will also be tools and models that can be used with people.

Costs for a full day vary depending on whether you are a Non Profit, Statutory or Corporate organisation. The costs are also influenced by the number of people to be trained, how many trainers are needed, if any bespoke work is required, whether premises and lunch are needed etc. Please contact us so that we can obtain an idea of your needs and requirements, then an accurate cost can be quoted.

**If you have any queries contact Adam Page on
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Cruse Bereavement Care Birmingham

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