

# COPING WITH GRIEF DURING THE HOLIDAYS

- ✓ **Presenter:** Jordan Phillips, LPC & Hospice of the Piedmont Grief and Healing Manager
- ✓ This seminar explores the reasons that the holidays can be a particularly difficult time when grieving a loss. The presenter will offer strategies to help bereft individuals and families, including children, cope with grief during the holidays as well as coping strategies to avoid. She will also provide opportunities to engage in activities that support coping with grief. Participants will be invited to share activities and resources they have found helpful in facilitating the grieving process for both patients, families and staff.
- ✓ **Target Audience Class Description:**  
ALL UVA Staff Including Medical Providers, ChildLife Specialists, Nursing Staff, OT/PT, Social Workers, Security Officers, Chaplains, Housekeeping, Residents, Administrative Staff

UVA Core Bereavement Committee & Hospice of the Piedmont

THURSDAY  
**DEC 19**

5 PM

**UVA HEALTH  
ERC ROOM B**

**RSVP**

BY DEC 18

[Chaplaincy@UVAHealth.org](mailto:Chaplaincy@UVAHealth.org)

Hospice of the  
Piedmont: 434.817.6900

UVA Core Bereavement  
Committee: 434.924.2642

(VNA) Contact  
Hours Awarded: 2

Hospice of the Piedmont is approved as a provider of nursing continuing professional development by the Virginia Nurses Association, an accredited approver by the American Nurses' Credentialing Center's Commission on Accreditation.