



# THE MANY FACES OF GRIEF: COPING WITH LOSS

**Date: 12 December 2023**

**Duration: One hour**

**Location: Stockton University**

**101 Vera King Farris Drive**

**Session1 Time: 10:30 AM EST**

**Session2 Time: 03:00 PM EST**

Experiencing grief after a loss is normal—no matter what the loss. There is no right or wrong way to grieve, as every person's journey through grief is unique. This session will help you understand grief, loss, and bereavement, especially in the current times when these are prominent feelings no matter where you live. Participants in this session will come away with a richer understanding of their own grief journey and understand that closure is not the end point of one's grief; rather, it is acceptance and reconciliation.

