

# LET'S TALK BEREAVEMENT

## Anticipatory Grief in Adults

1 HOUR & 30 MIN **FREE** VIRTUAL SESSION

*Dates available to book now!*

Anticipatory Grief can impact on our work, interactions, energy, and physical health. If you want to know more, then this session is a good introduction.

By attending you will:

- Increase your awareness and understanding of anticipatory grief in self and others
- Feel more confident about supporting someone through their grief and where to signpost for help and support



SCAN ME

Find out more at:

[www.theclic.org.uk/improve/lets-talk-bereavement](http://www.theclic.org.uk/improve/lets-talk-bereavement)