

# Exploring Our Shared Experience of Grief and Loss: A 3 Part Series

The pandemic left many working in essential services with a sense of loss and meaning which continues to impact their work and personal lives. This interactive series with Judith McGill, will provide the opportunity to reflect on our experience of the pandemic and the impact it has had on us personally and collectively. Discover more about grief and loss, how it impacts our life and work and how to move forward

- Broaden your imagination and understanding of grief and loss.
- Become familiar with how to look at personal and collective impacts.
- Reflect on grief response and how to loosen its hold.
- Reflect on how to keep grief from remaining stuck.
- Increase self- awareness and how to create personal self-care strategies for addressing grief.

## April 9

Reflecting On the Impact Of The Pandemic: On our Work and Personal and Collective Sense of Grief and Loss

## April 16

Befriending Our Grief And Loss

## April 23

How to Honour Those We Once Served or Worked Alongside That We Have Lost Collectively

Sessions will be delivered via Zoom

Each session will run from 12:00 to 3:30 pm ET

Participants must commit to attending every session



Cultivating  
Community  
Wellness



**REGISTER TODAY**

Space is limited to 40 participants

[Click Here to Register](#) 



Photo: Marion Voysey

## JUDITH MCGILL

Honours BA., MES

SafeGuards Training is happy to have Judith onboard as a trainer. Judith is a skilled educator and facilitator with a unique combination of expertise and experience related to the developmental disability sector in community building, grief counselling and Community Deathcare Practitioner. She was the Executive Director and Co-Founder for 20 years of Families for a Secure Future and is a practicing Death Midwife and Educator in Toronto and the GTA. She is the founder of Dragonfly Collective for Community Deathcare Practitioners, co-founder of Community Deathcare Ontario, founding Core Group Member of Community Deathcare Canada and facilitates their Community of Practice conversations. Judith has supported a number of people with disabilities and their support circle through the process of dying and grieving.