



Caring for Yourself While Caring for Others: *Managing Grief and Loss*

Wednesday, June 7, 2017

Check-In: 8:30 a.m. - 9:00 a.m.
Workshop: 9:00 a.m. - 11:30 a.m.

**Calvary Church
Harvest Fields
150 Harvest Fields Drive
Boalsburg, PA 16827**

Presenters

Brenda Kim, MSW, LCSW
Licensed Clinical Social Worker
in the Centre Region

Jackie Hook, MA
Spiritual Director and Celebrant
Helping Grieving Hearts Heal
with Koch Funeral Home

\$10 per CCCHS Member/\$20 per Non-Member

Snacks and drinks will be provided.

Agencies are welcome to donate additional funding to CCCHS so that future trainings opportunities remain at a low cost.

Goal

This workshop will provide information about managing grief and loss as you care for yourself while also caring for others. We all experience loss in a variety of ways, from death, changes in relationships, illnesses, moves, etc. Grief is the natural reaction to these losses. In order to do our best in caring for others, we need to learn how to attend to our own grief, and companion others through theirs in a life enhancing way. In this workshop, you will take an inventory of your loss history, learn about the grief journey and practice skills to help you cope.

Who should attend? Anyone who works in a helping profession is invited to attend.

Please use the attached registration form.

Registration is due by Tuesday, May 30, 2017 at 4:00 p.m.

**Registration Form: Caring for Yourself While Caring for Others
June 7, 2017**

(Please make additional copies of this form if necessary)

Name: _____

Organization: _____

Phone Number: _____

Email Address: _____

Also Attending CCCHS Noon Luncheon Meeting? (check one): YES _____ NO _____

Complete the following for additional Registrants:

Additional Registrant Name	Email Address	Also Attending CCCHS Noon Luncheon Meeting? Yes or No

Requests for special accommodations:

COSTS: \$10/CCCHS member; \$20/Non-Member;

CHECK ENCLOSED _____ CHECK BEING PROCESSED _____

CHECK TOTAL _____

Please make checks out to "CCCHS". Sorry, credit card payments are not accepted.

Mail form and payment to:

Connie Schulz, SCASD, 240 Villa Crest Drive, State College, PA 16801

**QUESTIONS? NEED TO SCAN AND EMAIL REGISTRATION FORM DURING
PROCESSING OF PAYMENT?**

Contact Connie Schulz at ces11@scasd.org or 814-231-1070

Registration closes May 30, 2017 at 4pm.