

### **How Grief Turns You Inside Out**

Grief *does* turn you inside out, but in what kind of ways? In this workshop will look at two major areas of change following the death of a loved one: how your relationships with people around you have changed and how you have changed on a number of personality dimensions. Following this, we will examine some of your self-expectations as you cope with your grief.

### **How to Get Grief Out**

If you sometimes feel a little “stuck” in your grief, join us as we look at common grief reactions, obstacles to getting grief out, and 20 suggestions for working on your grief. In addition, there will be time for group sharing to learn what has worked for others in their bereavement process.