

## The Grayness of Grief: Preparing Staff to Support Members in the Community Who've Been Impacted by Significant Loss

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<b>SUMMARY:</b>	This training will provide context to help staff better understand how to support community members who have experienced a significant loss by providing them with an understanding of the grieving experience and supportive tools.
<b>TOPIC(S):</b>	Grief and Loss
<b>LEARNING OBJECTIVE:</b>	This session will be successful if participants leave having a new perspective on grief and loss and feeling better prepared to be supportive to themselves and others.
<b>AUDIENCE:</b>	Staff members.
<b>TIMING:</b>	30 minutes
<b>APPENDICES:</b>	Grief and Loss Handout
<b>MATERIALS NEEDED:</b>	None
<b>SET-UP DETAILS:</b>	Participants should be in a circle or in rows, depending on group size.

## **SESSION TIMELINE & OUTLINE:**

- Welcome and Introduction- opportunity for brief introductions if necessary and to provide the session goals (if possible, have those written out for the group to see) (2 minutes)
  - Session goals:
    - Recognizing the experience of returning to camp for the first time after a significant loss
    - Provide approachable and appropriate tools for supporting community members who have experienced a significant loss
- Experiencing Loss and Coming Back to Camp (15 minutes)
  - Facilitator presents different themes that come up for people around grief (recommend reading Grayness of Grief appendix) - include the following points and allow space for any clarifying questions:
    - Think about grief as something that is gray (if you have time you can have participants read the piece) – grieving is not a black and white concept – it looks different for everyone
    - Everyone’s pace with grieving is different
    - Sadness around grief can be triggered in unique ways
    - Sadness and grief can come in waves
    - Grief can show up throughout life at different stages
    - There is not an end point to emotions around loss – they change and evolve over time
    - Camp can often serve as an escape from the reality of grief
    - It can also be really hard for people to be grieving at camp, given that it is often associated as a “happy place”
  - Participants have the options to share examples of members of their communities experiencing a significant loss and what that was like (if they don’t, facilitator can share a few examples) – either do this in small groups or with the whole group depending on the size of the group.
- Tools for Supporting Community Members Who Are Grieving (10 minutes)
  - Facilitator shares the tools listed on the handout (one handout for each participants) and offers time between each tool for any questions. Talk through these either by having each participant read one or talking through with examples of how those tools could be applied.
- Closing (3 minutes)
  - Reiterate session goals
  - Offer for participants to each share 1 word for what they took away from the session.
  - Offer a chance for any final questions.