



Caring for the Caregiver in a Time of Crisis (CCTC)

Provided by the Department of Psychiatry

Cultivating Resilience: Coping with Grief and Bereavement During COVID-19

The COVID-19 epidemic has led us to experience significant and cumulative loss. From our own personal loss, to mourning the loss of patients, and mourning our sense of normalcy, we are experiencing ongoing individual and collective grief. The goal of this workshop is to increase Baystate team members' awareness of and skills to cope with various forms of grief and bereavement that may occur both personally and professionally during a pandemic.

This workshop will help participants cope with and process grief by:



Learning skills and strategies to increase compassion satisfaction



Considering ways to honor those who are lost



Identify ways to make meaning of personal and professional losses



Increasing social supports



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OPEN TO ALL BAYSTATE EMPLOYEES!

For Details or to Schedule Team Specific Support:

Email Giselle.Hernandez@baystatehealth.org

