THRIVE WITH PRIDE:
An Inclusive Online Café

Coping with Grief and Loss

Thrive with Pride by AgeOptions

Loss and grief are a part of all of our lives yet navigating grief can feel overwhelming. During the Pandemic we have lost lives, social interaction, and much more. It can be a struggle to cope with the death of a loved one.



This presentation provides a guide to the different types of loss and how they affect us. We will address common myths about grief. We will also discuss the different categories of grief and grief-informed care. Participants will learn about coping strategies and how best to support loved ones who are grieving. Resources for grief support will also be shared. Participants are encouraged to share stories and experiences if they feel comfortable doing so. We aim to build a safe space to honor loss, integrate grief, and support one another.

The HAP Foundation
Hospice and Palliative Care Research & Education

LIVE On Zoom
Tues, Sept 24
11am - Noon

Pre-registration is required for this event.
Click here to register: bit.ly/3YaD99L
or email nina.orlowski@ageoptions.org

Thrive with Pride Cafes provide inclusive and affirming spaces for all older adults. Join a Thrive with Pride Cafe in your area for a follow-up discussion where you can share and receive support, learn more about local services and resources and discuss topics that matter.

For more information on this or past cafe presentations, links to recordings or to find a cafe in your area, visit www.thrivingwithpride.org

AGEOPTIONS®

AgeOptions is the Area Agency on Aging of suburban Cook County. We are now proud recipients of the SAGECare platinum credential, signifying our commitment to LGBT+ inclusivity.

2023 CREDENTIAL PLATINUM
LGBTQ+ Cultural Competency Training
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