

WELLNESS SEMINARS AND LUNCH AND LEARNS ON THE TOPIC OF GRIEF AND LOSS

ESP has a session on “*Grief and Loss for Employees*” which can be offered either as a Lunch and Learn session or a Wellness Seminar for groups of employees. The objectives of this session are to help employees:



- Understand the basic concepts of grief and loss
- Understand the factors that can influence a person’s response to grief and loss
- Identify how grief can be manifested in the workplace
- Explore how co-workers can best support a bereaved employee

Please contact ESP at 1-800-521-1377 to find out more about scheduling or attending a Grief and Loss session.