

Grieving Before a Death: *Understanding Anticipatory Grief*

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What is the Highmark Caring Place?



A free program for children who have had a loved one die

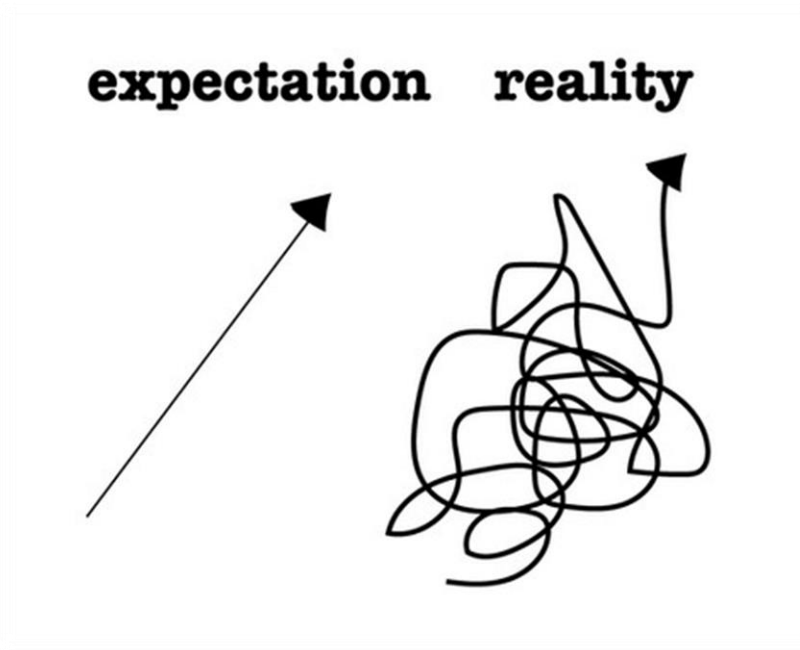


Peer support that is child-focused and family-based



Facilitated by clinical staff and trained volunteers

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Anticipatory grief

Anticipatory grief is grief that occurs before death and includes the experience of additional losses.

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A unique grief

- Not everyone will experience this type of grief
- Can be a difficult, “in between place”
- Sometimes even more difficult than grief after the death loss

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Grief responses

- Can have similar grief responses like sadness, anger, isolation, forgetfulness, depression, fear & anxiety
- Also grieving secondary losses

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Caregiver impact

- Mind & body are in a state of hyperarousal
- Emotional & physical exhaustion
- Complicated emotions of relief and guilt

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Keep in mind...

- Anticipatory grief is a normal experience
- Your losses are valid
- Everyone in your family may be experiencing and coping with anticipatory grief in different ways
- Connecting with others who understand can be powerful
- You also deserve care and compassion

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GRIEF TALKS
EDUCATIONAL WEBINARS FROM THE HIGHMARK CARING PLACE



Grief in the
SHADOWS

WHEN A GRIEF EXPERIENCE IS DISENFRANCHISED

WEDNESDAY, JULY 14TH FROM 2 - 3:30PM (LIVE EST)

PRESENTED BY ALEXA LIVELSBERGER, LCSW, CONOR DAWLEY, LPC, CT
OUTREACH & EDUCATION COORDINATORS/CHILD GRIEF SPECIALISTS

THIS IS A **NO COST** WEBINAR. WHEN REGISTERED, YOU WILL RECEIVE A ZOOM LINK THE EVENING BEFORE THE WEBINAR. WE ARE UNABLE TO PROVIDE CEUs - YOU WILL RECEIVE A CERTIFICATE OF ATTENDANCE THAT REFLECTS 1.5 CONTACT HOURS. PRESENTATION MATERIALS CAN BE PROVIDED UPON REQUEST.

TO REGISTER USE THE QR CODE, OR TYPE
<http://bit.ly/grieffalkshadow>
YOU MUST REGISTER NO LATER THAN
TUESDAY, JULY 13TH.



HIGHMARK CARING PLACE
A Center for Grieving Children, Adolescents and Their Families

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Resources

Creating Connections: When a family member is diagnosed with a life-limiting illness:

https://highmarkcaringplace.com/cp2/pdf/creating_connections.pdf

Telling the Children: Talking with a child when a family member is diagnosed with a life-limiting illness:

https://highmarkcaringplace.com/cp2/pdf/telling_children.pdf

www.highmarkcaringplace.com •     

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