

Community Resource Series

Provided by the Guidance Departments and Student Assistance Counselors
of the Middletown Township High Schools

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Grief Speaks

What is it?

- Presentations, workshops, trainings, consulting & counseling for children, teens and adults
- Coping and growing through grief, loss & other tough stuff

How does it work?

The focus of the presentation is on healing, nurturing resilience and building stronger connections within the community. As Ernest Hemingway wrote so many years ago, "The world breaks everyone, and afterward, some are stronger at the broken places." Many communities and families become much stronger and more compassionate, as they gather together, share their experience, strength and hope together, and begin the journey of healing together.

Visit www.griefspeaks.com for program information, presentation dates and locations, and resources.

Where and when?

- Lisa conducts Skype and phone sessions
- Lisa is a popular speaker among high school students and college students
- She also conducts presentations and keynotes around the United States for adult audiences on healthy coping and healing through different types of loss.
- Lisa's calendar:
<http://www.griefspeaks.com/id20.html>
- The Grief Speaks website contains a wealth of information on topics such as:
 - What to say to a griever
 - Common signs of grief
 - Bullying
 - When a parent has cancer
 - Death of a friend
 - Depression symptoms
 - Divorce
 - Self-injurious behavior
 - And many more!

GRIEF SPEAKS

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All information provided in this newsletter was retrieved
from www.griefspeaks.com