



Let July be July.
Let August be August.
And let yourself
just be
even in
the uncertainty.
You don't have to fix
everything.
You don't have to solve
everything.
And you can still
find peace
and grow
in the wild
of changing things.

-Morgan Harper Nichols-

Being with Sorrow - A three-part zoom webinar

You are warmly invited to a 3-part **pay-what-you-can** zoom webinar to reflect on loss, grief and the manifestations of sorrow in our lives. Grief is a natural part of every human life. However, as we are faced with the enormous pressures of COVID-19, our normal grief responses are now challenged by an abnormal situation: a global pandemic that affects every aspect of private and public life. It is therefore more important than ever to engage with loss and grief and to attend to our own holistic needs and to develop strategies and skills to support others. But to do this on our own can seem overwhelming and frightening. We will gather in a small group to stop and take time to be with what longs to be attended to in our hearts, bodies and minds.

Participants will be encouraged to identify effective coping strategies in the face of their own grief. We will also explore the basic skills necessary to support others in their grief, assist in containing their emotional responses and refer effectively.

In addition to educational input on the personal, cultural and global dimensions of grief, time will be given for individual reflections through writing, sharing in small break-away groups and in group discussions.

The sessions are offered in a spirit of reflective inquiry and the group size is kept small to allow for individual sharing, mutual support and skills transfer. The fee is pay-what-you-can.

Dates: 07/10/14 September 16:00 - 17:30 (Mon, Thu, Mon)

For further info and to book contact Christine: cnachmann@gmail.com

About the Facilitator:

CHRISTINE NACHMANN

Christine is a counsellor and educator with a focus on the psychosocial and spiritual aspects of palliative care, a field she has been active in since 2005. She was part of the education department at a Cape Town hospice for many years where she also served as a spiritual counsellor. Christine has been teaching at the University of Cape Town as part of the Palliative Medicine Diploma since 2016. In addition to her private counselling practice, Christine has a passion for assisting healthcare professionals in cultivating better coping strategies in the face of inherent job pressures. To this end, she offers individual and group debriefing, counselling and mentorship sessions.

Most recently, Christine has presented a 2-part webinar series entitled "Grief & Spirituality in the Face of COVID-19" for the WC Department of Health.