



Grief Education/ Facilitator Training



2015 WINTER TRAINING

Participants are expected to attend **all** dates in order to be eligible to facilitate Mourning Hope Support Groups.

All training events are held at Mourning Hope Grief Center unless otherwise noted. Please dress comfortably.

DATES

Friday, January 16

6:00 p.m. – 9:00 p.m.

Saturday, January 17

9:00 a.m. – 4:00 p.m.

COST

- \$25 for Students making a 1-year commitment to volunteer for Mourning Hope
- \$50 for Adults making a 1-year commitment to volunteer for Mourning Hope
- \$125 for adults without commitment to volunteer
- CEU's available

HOW TO REGISTER

To register or for questions about the training sessions, please contact Carly Runestad at 402.488.8989 or crunestad@mourninghope.org.

FREQUENTLY ASKED QUESTIONS

What is Mourning Hope's mission?

Mourning Hope helps children, teens, young adults and their families when grieving the death or serious illness of someone significant in their lives.

Must I have experience with support groups, counseling or grieving families?

No. We are looking for caring people who are able to listen with empathy and be fully present to the needs of grieving children and families.

What resources are there to help me get started?

All new facilitators partner with experienced facilitators for their first series of support groups. Teams of new and experienced facilitators plan activities together, with the experienced volunteer taking the lead. Resources are available at our Grief Center to help you with your session planning.

What time commitment is required?

One weeknight each week for 10 weeks from 6:00-9:00 p.m. We run groups 5 times a year and sessions are held on Mondays and/or Tuesday evenings.

With what age group would I help?

Our Program Director will talk with you about your interest and comfort level. Groups typically include younger elementary children, older elementary children, middle school children, teens, young adults and parents/caregivers.

It sounds like there would be some very sad moments. Is this most of the time?

There is sadness. Yet, it is uplifting to see families share memories, celebrate the lives of their loved ones and discover new support. Participants experience a range of emotions, and we often have tears and laughter all in the same evening.