

# The Daily Work of Grief: Reflections and Healing

*A virtual presentation for care partners and professionals who support those living with dementia*



**Friday, April 26, 2024 | 10 - 11:30 a.m. CST**

Care partners going through the journey of caring for someone with dementia often experience different kinds of grief and loss. Many people may not be aware that there is a name for what they are feeling and that there are strategies to help cope with these feelings. Join this healing discussion with real-world examples and practical techniques to navigate the complicated emotions of grief and loss.

In this presentation you will learn:

- What ambiguous loss and anticipatory grief look like in caring for someone with dementia
- How grief, bereavement and depression can overlap
- Common themes of loss with older adults and family caregivers
- Coping strategies for significant loss
- Practical self-care strategies in the midst of our own experiences with grief
- Alzheimer's Association resources that can help you

**Register Online**

[bit.ly/DailyGrief2024](https://bit.ly/DailyGrief2024)



## PRESENTERS

### **ALYSSA AGUIRRE, LCSW-S**

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### **MARY HEIL**

Alzheimer's Association MN-ND  
Community Educator and Social Work Intern

*Approved by ND Board of Social Work Examiners - 1 CEU*



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