



## Coping with Grief and Loss



If you or a loved one struggles with grief, don't rush the process or confuse busy-ness with healing.

Register for this live webinar on Wednesday, December 13 at 1:00 pm CT to:

- Define and discuss the processes of grief, bereavement and mourning.
- Learn how to work through sadness and other painful emotions you may be feeling.
- Review how to prioritize self-care if you've suffered a great loss.

*\*All live webinars are recorded and posted on your member website.*

Visit [MagellanAscend.com](https://MagellanAscend.com) or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

