



Dealing with loss

2017

DEALING WITH LOSS

Did you lose someone you care about and do you have difficulty processing this? Do you sometimes struggle with your grief and/or find it difficult to talk about? MoTiv, LSE and Haastu offer a course in dealing with loss. During five meetings the following themes are discussed:

- Your own experiences
- Emotions
- Practical changes in your life
- Difficult and beautiful memories
- Communication with your environment
- Routines and rituals; standing still and continuing

The groups have a maximum of 8 people. The goal of the meetings is for the participants to share their experiences with each other and gain more insight into their mourning process and learn to deal with this.

GROUP GUIDANCE

The coaches are specialised in guiding groups and individuals and they are professionals in the philosophy of life and giving meaning to life.

INFORMATION AND SUBSCRIPTION

The course takes place in Den Haag, Leiden or Delft, depending on the subscriptions. You can subscribe at any time. The groups start in May (subscribe before May 1) and December (subscribe before December 1). An introductory meeting with the coaches is scheduled beforehand. After this initial meeting, you can choose if you want to participate in the five weekly meetings.

For more information and subscription, please send an e-mail to one of the addresses below. Your e-mail will be treated confidentially.



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