

Moving Through Grief and Loss During the Pandemic

December 15 - 16, 2020

9:00 am - 4:00 pm Pacific Time

Via Zoom

AGENDA

“Celebrating 20 years of Wellness and Healing in Indian Country”



Training provided by the Native Wellness Institute
www.NativeWellness.com

*The Native Wellness Institute exists to promote the well-being of
Native people through programs and trainings that embrace
the teachings and traditions of our ancestors.*

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December 15, 2020

AGENDA

9:00 am	Opening Ceremony Welcome Blessing Introductions Overview Ice-breaker
9:30 am	Building Team and Trust
10:00 am	Stages of Grief
10:30 am	Stress, Trauma, and Grief
11:00 am	Break
Noon	Pandemic Fatigue
1:00 pm	Self-Care Planning
2:00 pm	Break
3:00 pm	React VS. Respond
3:55 pm	Closing
4:00 pm	Adjourn

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December 16, 2020

AGENDA

9:00 am	Opening Ceremony Welcome Blessing Check-in Review Ice-breaker
9:30 am	COVID and Grief and Loss
10:30 am	Healing
11:00 am	Break
Noon	Healing
1:00 pm	Happy Chemicals
2:00 pm	Break
3:00 pm	Grief, Loss, and Moving Forward
3:50 pm	Closing
4:00 pm	Adjourn