

Morton Plant Hospital
*A Division of Morton Plant Hospital
Association, Inc.*
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Grief *Matters* Programming

Winter and Spring 2024



Grief Matters Forum Series

This online educational series addresses topics that are central to the experience of grief. Each presentation provides resources for those who are grieving and for those who want to be of support.

Understanding Grief: An Introduction

Tuesday, February 27, 6:30pm

Wednesday, February 28, 12pm

Love and Loss: Sorting Through the Feelings

Tuesday, March 5, 6:30pm

Wednesday, March 6, 12pm

What Helps? Finding and Providing Support

Tuesday, March 12, 6:30pm

Wednesday, March 13, 12pm

The Ripple Effect: Exploring Secondary Losses

Tuesday, March 19, 6:30pm

Wednesday, March 20, 12pm

Monthly Conversations About Grief

The *Grief Matters* team invites you to take part in free online monthly conversations about special topics related to grief.

Grief and Resilience – Making the Connection

Grief is hard, and having a perspective that supports resiliency can help.

Thursday, January 18, 12pm

Coping With Grief – A Creativity Tool Kit for Mourning

Explore creative practices that can lead to expressive outlets for grief.

Thursday, February 15, 12pm

Spiritual Dimensions of Grief – Exploring the Big Questions

Grief sometimes brings up spiritual questions that deserve to be explored.

Thursday, March 21, 12pm



"I know that the
only thing that really
lasts forever is love."

~ David Kessler, *Grief.com*



To Register for Grief Matters Programs

All programs are offered online using Microsoft Teams and are one hour long. Technical support and orientation will be provided. To register, email bereavement@baycare.org or scan this code:



BayCare team members can register in the Online Learning Center. Search for "Grief Matters."

For more information: (727) 462-7995

These free bereavement programs are open to all and are made possible by a generous grant from Morton Plant Mease Health Care Foundation.