



Hospice of the Valley  
invites you to *Zoom* in on

# Coping with grief and loss

*during this challenging time*

**1.0 NCIA credit awarded**

People who are grieving can be especially vulnerable to outside stressors, such as the uncertainty caused by COVID-19. Hospice of the Valley is offering a Zoom online presentation to help you cope with the loss of a loved one during this challenging time. Learn what loss is about, why it is necessary to express grief, and what we can do to help others who are experiencing loss.

This presentation is accessible from the comfort of your office or home and designed to support any adult in our community who may be mourning a death. You are not alone on this journey. We are here to help.

**Thursday, Aug. 6, 2020, 2 p.m.**

**Zoom link:** <https://hov.zoom.us/j/97914268836?pwd=K3k0Ujd0eldzREJZeHd3ZHZjR21wUT09>

**Meeting ID:** 979 1426 8836

When video conferencing is not possible, you may simply join by phone: (253) 215-8782

When prompted, enter Meeting ID: 979 1426 8836, Password: 408173

**Speaker: Stephen Gardner**

Stephen has many roles at Hospice of the Valley. He gives chaplain support to patients and families, provides one-on-one bereavement counseling, facilitates grief support groups, and is the agency's community liaison to military veteran organizations. He has worked in end-of-life care for more than a decade, joining Hospice of the Valley in 2015. He holds a doctorate in Education, with a specialization in Organizational Leadership. He is retired from the Army, and has more than 25 years of experience in leadership, training, group facilitations, counseling and relationship building.



For additional information or to receive NCIA credit certificate,  
please email [bhawes@hov.org](mailto:bhawes@hov.org) or call (602) 776-6867.

