



LEARNING THROUGH LOSS

Creating grief literate communities.

What is Learning Through Loss?

Learning Through Loss is a free training for professionals or volunteers working with young people. Most young people will encounter grief and loss for the first time before they turn 18. The *Learning Through Loss* training provides participants with the tools they need to support young people to safely navigate grief and loss. The learnings from the training have the potential to prevent the development of mental illness in those affected by grief and loss.

To have resilience through grief and loss **YOUNG PEOPLE** need:

- To understand they are not alone and that grief, loss and adversity are part of the human experience.
- To have access to trusted adults who are able to actively listen and hold space for their feelings and experiences.
- To hold the knowledge and resilience tools that will allow them to navigate grief and loss throughout their lives.

To meet the needs of young people experiencing grief and loss **PROFESSIONALS WORKING WITH YOUNG PEOPLE** need:

- To feel confident to have conversations regarding grief, loss and palliative care.
- The skills to actively listen and hold space for the feelings and experiences of young people.
- Access to resilience tools that they can offer young people to empower them to navigate grief and loss.
- To be able to practice self-care and fill their own cup so that they can sustainably care for young people.

How can I get involved?

Learning Through Loss is a **free training** and available **state-wide**. The training is available as either a 60 or 90 minute session. *Learning Through Loss* will come to you and can be flexible with your schedule.

Contact program coordinator, Jess Sanders by emailing jess.sanders@pct.org.au or calling 0412431401 to book your training or enquire further.

pallcaretas.org.au



Learning Through Loss is delivered by Palliative Care Tasmania and funded by the Tasmanian State Government. The program was co-designed in collaboration with key stakeholders in the youth, education, and mental health sectors and young people with lived experience.

www.learningthroughloss.org.au