

Matters of Grief: Grief Symposium 2022



Grief Symposium

Tues., Nov. 15, noon – 2 p.m.

Join us for a series of conversations to explore grief, including: grief reactions, supporting those who are grieving, professional grief, disenfranchised grief, grief around loss of function or role, rituals that may help us in the grieving process, and turning grief into positive action.

Panel Discussion

Wed., Nov. 16, noon – 1 p.m.

Do you have a question about grief? Tune in, and ask this panel of experts your questions.

Restorative Circles



Join a small-group, confidential, participatory discussion:

- **Personal Grief:** grief about the loss of someone close to you
[Wed., Nov. 16, 4-5:30 p.m.; Fri., Nov. 18, noon-1:30 p.m.](#)
- **Pet Grief:** grief related to the loss of a pet
[Thu., Nov. 17, noon-1:30 p.m. and 4-5:30 p.m.](#)
- **Gun Violence:** grief related to gun violence that has directly impacted you or your loved ones
[Thu., Nov. 17, 4-5:30 p.m.](#)

Other Small Group Activities



- **Narrative Writing:** write about your experience with grief
[Wed., Nov. 16, 5-6 p.m.; Thu., Nov. 17, noon-1 p.m.](#)
- **Mandala Art:** create art while reflecting on grief
[Wed., Nov. 16, 5-5:30 p.m.; Fri., Nov. 18, 12:15-12:45 p.m.](#)
- **Somatic Body Work:** balance the body, mind, and spirit
[Wed., Nov. 16, 1-2 p.m.; Thu., Nov. 17, 5-6 p.m.](#)

For more info, go to bit.ly/mattersofgrief or scan the QR code
To register, please [click here](#).



DukeHealth

Hosted by the Office of Culture and Well-being

Matters of Grief: Grief Week 2022



Week Of
Nov
14

In-Person Events

Duke Raleigh Hospital

Throughout the week:

- Oasis Space with grief coloring pages, a grief tree, and a memory wall
- Compassion Cart with quotes on grief
- Grief Tea for the Soul pop ups

Duke Regional Hospital

- Tues., Nov. 15, 11:30 a.m.-noon
Service of Remembrance, hospital chapel
- Wed., Nov 16, 11 a.m.-1 p.m.
Grief Awareness table, outside the cafeteria



Duke University Hospital

- Throughout the week:
Look for the green dot signs that remind us that grief is the most common human experience
- Wed., Nov. 16, 3 p.m.
Staff Memorial Service, Duke Chapel, in-person and livestream

For more info, go to bit.ly/mattersofgrief or scan the QR code.



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