

UNDERSTANDING GRIEF

Wednesday, August 22, 2018

Presenter: Carroll Oliver, Great Lakes Caring

Grief is personal and individual, and every person experiences its nuances differently. Your personality, your support system, your natural coping mechanisms and many other things will determine how loss will affect you. There are no rules, no timetables, and no linear progression. Some people feel better after a few weeks or months, and for others it may take years. And in the midst of recovery there may be setbacks — this nonlinear process can't be controlled. It's critical that you treat yourself with patience and compassion and allow the process to unfold.

Brownbag Lunch Series

12:00 to 1:00 p.m.

Landon Center on Aging, Room 200



THEO AND ALFRED M. LANDON
CENTER ON AGING

RSVP to Matt Chandler at
913-588-3094 or mchandler@kumc.edu

Landon Center on Aging, 3599 Rainbow Blvd. Kansas City, KS 66160
www.kumc.edu/coa facebook.com/Landon.Center.on.Aging