



HOSPICE
OF SANTA CRUZ COUNTY

GRIEF SUPPORT VOLUNTEER TRAINING – SPRING 2012

Training begins February 9, 2012

Thursday, February 9, 5:30pm-9:00pm
Saturday, February 11, 9:00am-4:00pm
Thursday, February 16, 5:30pm-9:00pm
Saturday, February 18, 9:00am-4:00pm
Thursday, February 23, 6:00pm-9:00pm
Saturday, February 25, 9:00am-4:00pm
Thursday, March 1, 5:30pm-9:00pm
Saturday, March 3, 9:00am-4:00pm

Optional:

Adult Grief Group Leader Training
Saturday, April 14, 9:00am-4:00pm

Application deadline: February 1, 2012

Training may fill earlier.
Early application is advised.

Interviews begin: December 29, 2011

For more information and application, contact:

Isleen Glatt
Grief Support Program
Hospice of Santa Cruz County
831- 430-3000

Hospice of Santa Cruz County is currently seeking mature, compassionate men and women to become **Grief Support Volunteers**. Volunteers will help people coping with the death of a loved one to find their own way through the journey of grief and healing.

Volunteers may provide one-on-one support and/or facilitate grief support groups. Support is provided at our Scotts Valley office or at selected community sites. We have special needs for **bilingual and bicultural volunteers**. We ask that individuals be able to make a one-year commitment.

This 40-hour experiential training prepares volunteers to support grieving adults one-on-one. An additional one-day training prepares those interested in facilitating grief support groups for adults. The \$125 fee for the training is used to defray training expenses. Scholarships are available if needed.

Topics covered in the training include:

- Philosophy of hospice
- Spiritual dimensions of death and dying
- Exploration of personal experiences of death
- Family dynamics and cultural diversity
- Dimensions of grief and loss
- Complicated grief
- Children and grief
- Communication and emotional support
- Skills for one-on-one grief support
- Self-care and personal/professional boundaries
- Optional: Facilitation of grief support groups

Volunteers are asked to commit **two to four hours per week** for at least **one year** after the training. Volunteers will receive ongoing support and continuing education.

Hospice of Santa Cruz County provides professional, compassionate care recognizing that individuals and families are the guiding force in their own end-of-life experience.

The Grief Support Program accepts grief as a normal, natural, and healthy response to the loss of a loved one. Professional staff and trained volunteers provide support to hospice families and the community at large. Services include group and individual support for adults, seniors, children, and teens.