



**HOSPICE**  
OF SANTA CRUZ COUNTY

# GRIEF SUPPORT VOLUNTEER TRAINING - WINTER 2010

## **Training begins February 9, 2010**

### Part I: Core Training for All Volunteers

Tuesday, Feb. 9, 5:30pm-9:00pm  
Saturday, Feb. 13, 9:30am-3:30pm  
Thursday, Feb 18, 5:30pm-9:00pm  
Saturday, Feb 20, 9:30am-4:00pm

### Part II: Grief Support Volunteers

Saturday, Feb. 27, 9:00am-4:00pm  
Saturday, Mar. 6, 9:00am-4:00pm  
Saturday, Mar. 13, 9:00am-4:00pm

Optional:

Adult Grief Group Leader Training  
Saturday, April 17, 9:00am-4:00pm

## **Application deadline: January 25, 2010**

Training may fill earlier.  
Early application is advised.

## **Interviews begin:**

November 30, 2009

## **For more information and application, contact:**

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

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

Bilingual and bicultural volunteers are especially needed, but we invite applications from all interested adults. 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.

This 39-hour experiential training will prepare volunteers to support grieving adults one-on-one. More training will follow for those interested in facilitating grief support groups for adults or in working with children. 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 mourning
- 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 compassionate presence and professional expertise for individuals and their families confronted with end of life and ensuing loss. Essential to this mission are the core values of dignity, comfort, and self-determination.*

*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.*