



Red Deer Primary Care Network presents: Coach Training for Health Care Professionals

The Alberta Journeying Through Grief program is for anyone experiencing the loss of a loved one, pet, employment, divorce or other life changing event. It has been shown that participant's intensity of grief decreased by 40%, and their confidence in their ability to cope increased by 68% between week 1 and week 8.

Group Participant's comments:

"Being able to share experiences"

"All the knowledge and tools"

"Knowing I am not alone"

Alberta Journeying through Grief is an 8 week process group program. Participants learn ways to explore grief needs, deepen their emotional healing, and reinvest in life. Participant and coach's manuals have been developed for the workshop, along with the Alberta wide branding which makes it transferable to any organization. Alberta Journeying through Grief workshops have been offered by Red Deer PCN for the last 5 years.

Coach training is available **in person** and is offered a limited number of times per year.

To reserve a spot in the August 2020 in-person training:

- complete the attached registration form
- mail it along with your payment to Red Deer Primary Care Network **by June 15, 2020**



When: August 10 and 11, 2020

Registration: 8:30 am August 10, 2020

Session time each day: 9:00 am – 4:00 pm

16 Hours of Pre reading and video review is required. You will get access to this on the PMO site after registering- please give 2 weeks for access so plan ahead.

**Where: Red Deer Primary Care Network
5120 47 Street,
Red Deer, AB**

Cost: \$160.00 (to cover nutrition breaks, lunch & take-home training materials)

Accommodation:

If accommodations are required, we suggest the:
Black Knight Inn @ 844.746.8750
Super 8 Red Deer City Centre @ 403.358.7722

Questions? Contact Gail Loov at programsharing@rdpcn.com
or 403.406.4117



Facilitator Training Application Form For Health Care Professionals August 10 & 11, 2020

Please complete this registration form and mail it along with your \$160 registration fee to Red Deer Primary Care Network by June 15, 2020.

Name: _____

Company: _____ Professional Designation: _____

Email: _____ Contact Number: _____

Why are you interested in becoming an Alberta Journeying Through Grief Coach?

Have you ever facilitated a process group before? What was this experience like for you?

How do you see spreading this program at your workplace?

The training program requires a minimum of 5 participants. If the minimum participants are not achieved for this Learning opportunity, it may be cancelled with full refund of registration fee.