



EMPLOYEE  
ASSISTANCE  
PROGRAM  
AUG. 2017

Losing someone or something close to you can bring up deep feelings of grief and sadness. The death of a loved one, divorce, or other event is typically followed by a period of grieving. The idea of honoring that grief process refers to both your own personal grief and that suffered by those around you. A grieving person must be given the space to heal in his or her own time. Your Employee Assistance Program is available to help you understand the process of grief and healthy ways to respond to it.

# SAYING GOODBYE

Honoring the  
process of  
grief and loss

## ONLINE SEMINAR

### **Bereavement: Coping With Loss**

Grief and loss trigger conflicting emotions. Explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a "grief rut" as you discuss more healthy ways to grieve.

### **Available on Demand Starting August 15th**

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: **800-280-3782**

WEBSITE: **[www.bhoptions.com](http://www.bhoptions.com)**

SELECT: **work-life resources tab**

ENTER: **company code**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.