



# Hot Topics in School Health: Grief and Loss in Schools - Part I Supporting Teacher Wellness



**PRESENTED BY**

**Healthy Schools AHS & Dr. Linita Eapen  
Mathew**



**SERIES SESSIONS**

Date	Time
January 22, 2025	3:30 PM - 4:45 PM



**LOCATION**

**Zoom Online Meeting - Zoom**

**FEE**

**\$0.00**

**QUESTIONS?**

**Contact Us:**

**403-381-5580**

**REGISTER ONLINE**

**Visit our website to register:**

**sapdc.ca**

## Learning Opportunity

### Hot Topics in School Health:

While mourning a profound absence, tragedy takes a piece of one's physical, social, psychological, behavioural, and spiritual well-being, and returning to our routines and meeting the expectations that life goes on can be painful and distressing. Please join Dr. Linita Eapen Mathew as she explores the facets of grief and grieving. This session will define key terms, discuss common misconceptions, examine a history of grief models, and provide self-awareness around one's grieving process. Whether experiencing new or recurring grief, this workshop provides teachers with strategies to cope in their personal and professional lives.

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## Presenters

**Healthy Schools AHS**

**Dr. Linita Eapen Mathew**

Linita Eapen Mathew is a Student Services Learning Leader within the CBE and a graduate course instructor through Athabasca University and the University of Calgary. In 2021, she completed her Doctor of Education through the University of Calgary, specializing in bringing grief work and death education to schools. Her two books, *Life: To Be Given Back Again to Whence It Came* (Winner of the 2024 IAANI's Outstanding Book Award) and *The Revelations of Eapen*, promote death education and teach educators and professional practitioners how to use storytelling to effectively process and reconcile with the death of a loved one. In 2024, she opened the Eapen Mathew Grief Centre to provide compassionate grief support services for the bereaved.

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## Registration Notes

This session is part of a "Hot Topics in School Health Series" presented in collaboration with the AHS Healthy Schools Team. There will be a different topic every month.

Zoom link will be sent out in the registration email. Please check your junk/spam folder if you don't see it right away.



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