

## 2025 Bereavement Peer Support Facilitator Training Schedule

Day	Session #	Time EST	Title	Mode	Length
			<b>DAY 1 (2-6pm)</b>		
Day 1	1.1		Course Mechanics & Competencies	Pre-recorded	5 min
Day 1	1.2		Defining Grief (Wendy Lichtenthal)	Pre-recorded	30 min
Day 1	1.3		Goals of a Support Group (Sue Morris)	Pre-recorded	10 min
Day 1	1.4		Self-Care (Keren Ludski)	Pre-recorded	30 min
Day 1	1.5	2-3 pm	Opening & Introductions (Faculty)	Live	60 min
Day 1	1.6	3-3:45 EST	Defining Peer Support (Rick Goldstein)	Live	45 min
		3:45-4 pm	Break		
Day 1	1.7	4-4:45pm	Breakout: Starting Your Group and Setting Ground Rules	Live	45 min
Day 1	1.8	4:45-5:15pm	Incorporating Group Structure (Sue Morris)	Live	30 min
Day 1	1.9	5:15-6 pm	Bereavement in Your Organization; Reflection	Live	60 min

<b>Day 2 (2-6:15 pm)</b>					
<b>Day</b>	<b>Session #</b>	<b>Time EST</b>	<b>Title</b>	<b>Mode</b>	<b>Length</b>
Day 2	2.1		Adult Learning / Training Peer Facilitators (Keren Ludski, Rick Goldstein)	Pre-recorded	30 min
Day 2	2.2	2-2:30 pm	Reflection & Integration	Live	30 min
Day 2	2.3	2:30-3:15 pm	Diversity of Experience (Liza Hita)	Live	45 min
		3:15-3:30	Break		
Day 2	2.4	3:30-4:15 pm	Moderating Group Participation (Large Group and Breakout; Sue Morris)	Live	45 min
Day 2	2.5	4:15-4:45 pm	Recognizing a Range of Emotions (Sue Morris)	Live	30 min
Day 2	2.6	4:45 - 5:15	Breakout: Responding to Emotions (Faculty)	Live	30 min
		5:15-5:30	Break		
Day 2	2.7	5:30-6:15	Breakout: Expressions of Faith (Rick Goldstein)	Live	45

<b>Day 3 (2-6pm)</b>					
<b>Day</b>	<b>Session #</b>	<b>Time EST</b>	<b>Title</b>	<b>Mode</b>	<b>Length</b>
Day 3	3.0		Resilient Parenting (Liza Hita)	Pre-recorded	
Day 3	3.1		Identifying Participants Needing Extra Support (Wendy Lichtenthal)	Pre-recorded	30 min
Day 3	3.2	2-2:30 pm	Reflection & Integration	Live	30 min
Day 3	3.3	2:30-3:15 pm	Uncertainty and Meaning Making (Rick Goldstein and Wendy Lichtenthal)	Live	45 min
Day 3	3.4	3:15-3:30	Grief and Trauma (Sarah McCarthy)	Live	15 min
Day 3	3.5	3:30-4 pm	Breakout: Grief and Trauma Role Play	Live	30 min
		4 - 4:15	Break		
Day 3	3.6	4:15-5 pm	Culturally Resonant Community (Liza Hita)	Live	45 min
Day 3	3.7	5 - 6pm	Ending Well: Concluding a Group (Faculty)	Live	30 min