



Bill Wilson Center

Life Change Workshops - 2024

Provided by the Bay Area CCR Team / BWC's Centre for Living with Dying Program

Resolving Unfinished Business: Healing Our Backpack

May 22, 2024 9-1 p.m.

Unfinished business is a coined term to describe any unresolved feelings, issues, relationships, or acts related to change or loss in our lives. It is important to bring completion to what is left "undone" to move forward with total energy and commitment. In this training, we will examine tips used to resolve feelings of guilt, anger, sadness, resentment, regret, and loneliness that are often a result of unfinished business.

What to Say After "I'm Sorry" & Death Notification

June 14, 2024 9-1 p.m.

Very few persons learn what to say or do in the event of loss, illness, or trauma. We may want to help, but may not be sure how. In this training, we will explore simple and profound techniques for being present for a coworker, friend, or family member in a positive, helpful way during these emotional and stressful events. In this training, we will also learn how to deliver a death notification; sometimes people and parents need assistance telling friends and family that someone close has died. Learn communication techniques on how to help deliver the appropriate message. Also, learn how to create a simple response to prevent reliving the death.

The Centre for Living with Dying is offering a two-day series of CCR Training

This training is available for persons wanting to learn the skills necessary to respond to family, coworkers, and the community after a critical incident has occurred. Join this unique training to gain knowledge of evidence-based protocols used in triage, assessment, intervention, and follow-up with persons in crisis. Skills taught include Psychological First-Aid (PFA), Critical Incident Stress Management (CISM), and additions from The Centre for Living with Dying 47 years of providing community crisis response.

You will learn how to listen for symptoms related to grief and loss; determine the difference between distress and dysfunction; when you need to refer to a higher-level of care; and how you the responder will react when providing grief support. Everyone attending will learn healthy tools for coping and self-care that works for you, the caregiver.

Community Crisis Response: Psychological First Aid Basic

July 19, 2024 8-4 p.m.

Learn as a group the basics of community crisis response protocols. Learn the histories of our Centre, PFA, and CISM, and how they are used to support persons after a crisis has occurred.

Community Crisis Response: Psychological First Aid Advanced (Basic preferred prerequisite)

August 16, 2024 8-4 p.m.

Learn as a group advanced crisis response techniques with practice and discussions using real events. Dive deeper in to assessment and referral. Learn the differences between Distress & Dysfunction and appropriate care for both.

R.S.V.P. to
(669)-261-6640
atamkun@billwilsoncenter.org

All workshops will be held at BWC's new Westminster Family Resource Center, 1100 Shasta Avenue, San Jose, CA 95126



Basic and Advanced CCR Classes & Death Notification Class are POST Certified.

All classes are BRN and BBS CEU certified.

Presented by The Centre for Living with Dying - a Bill Wilson Center Program

BWC provides services that meet the cultural and linguistic needs of our whole community. We value our unique ethnic diversity as well as the LGBTQ community and non-able body community. Our clients, staff, and volunteers reflect our community.

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