

Group Support Session

COVID-19 Grief Debriefing Group Support Sessions

(For EHC departments and teams made up of frontline healthcare professionals)

Description: These Grief Debriefing Sessions are being offered to address the experiences of frontline healthcare professionals facing the daily impact of the pandemic. With the growing number of hospitalized patients come the realities of compounded stress, extreme fatigue, and grief due to loss of patients, colleagues and family members. This Debriefing Session will provide a safe space to discuss the impact, challenges and triumphs from treating COVID-19 patients. The session will provide education about coping strategies and skills to promote resilience and emotional well-being.

To schedule: A leader may contact FSAP to coordinate and schedule a 30 – 60 minute debriefing that would be held virtually or in-person. Sessions will be scheduled as needed.