

Grief Symposium 2023

Programming and Events



Grief Symposium

Tues., Nov. 14, noon – 1 p.m.

Join us for a series of conversations and stories with Duke Health team members who explore grief reactions, navigating the process, and rituals around loss.

Panel Discussion

Wed., Nov. 15, noon – 1 p.m.

Do you have a question about grief? Tune in, and ask this panel of experts your questions.

Restorative Circles

Join a small-group, confidential, participatory discussion:

- **Death of a Colleague:** grief about the loss of a colleague
- **Gun Violence:** grief related to gun violence that has directly impacted you or your loved ones
- **Holiday Grief:** grief surrounding the November and December holidays
- **Practitioners of Grief:** dedicated to team members who provide grief support to colleagues
- **Pet Grief:** grief related to the loss of a pet



Other Small Group Activities

- **Narrative Writing:** write about your experience with grief
- **Mandala Art:** create art while reflecting on grief
- **Somatic Body Work:** balance the body, mind, and spirit
- **Meditation:** practice mindfulness for support during the grief process



More Info: <https://bit.ly/duhsgriefsymposium> or scan the QR Code
[Click here](#) to register.



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Entity Events



In-Person & Virtual Events

Duke Raleigh Hospital

Throughout the week:

- Oasis Space with grief coloring pages, a grief tree, and a memory wall
- Compassion Cart with quotes on grief
- Grief Tea for the Soul pop ups
- Grief Support Groups with PAS

Duke Regional Hospital

Tue., Nov. 14, at noon

Service of Remembrance, in-person, Reflection Garden

Tue., Nov. 14, 12:15 – 2 p.m.

Grief Awareness Table, First level hallway, en route to the Cafeteria

Wed., Nov. 15, 3 p.m. and 7 p.m.

Mini Mental Makeovers, Virtual, Zoom

Thu., Nov. 16, at noon

Mini Mental Makeovers with PAS, in-person, Cafeteria dining room B

Throughout the week:

- Chaplain staff rounding

Duke University Hospital

Wed., Nov. 15, 3 p.m.

Staff Memorial Service, Duke Chapel, in-person and livestream

Throughout the week:

- Bereavement Advisory Council tables, outside Duke North Atrium Cafeteria and Duke South Cafeteria - grief resources and information; expressions of grief boards
- Tea for the Soul



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