



**Empowerment Through Education**

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

## **Coping Strategies for Grief & Loss:** *Lessen your suffering after your child dies*



*Cover art by Mehmet Sahin Altug reprinted with permission, Cool Colors, CaryTown, Virginia*

This is a practical presentation/workshop with strategies on managing the pain of loss facilitated by a mother who lost a son to suicide.

- Learn coping strategies in a safe and supportive environment to lessen your suffering.
- Learn what's normal.
- Learn how others have moved through grief in a healthy and productive way.
- Learn how to reframe and answer insensitive comments from others.
- Find out how to forgive yourself and strategies for the “what ifs” and “coulda woulda shouldas.”

### **About AnneMoss**

AnneMoss Rogers is a Mental health & Suicide Education Expert, Professional Trainer, Speaker and Consultant. As one of the most sought-after [mental health speakers](#), AnneMoss has lived the ultimate tragedy and become an expert on mental health, emotional wellness as well as suicide prevention. Her youngest son, Charles, was the funniest, most popular kid in school. As a teen, he wore the mask of a clown to hide his depression and anxiety and used drugs and alcohol to numb his thoughts of suicide. Ultimately, he became addicted to heroin and took his own life in 2015 at age 20.

AnneMoss has spoken at the National Institute of Mental Health, The American Academy of Pediatrics, the American Foundation of Suicide Prevention Long-Term Survivor Conference and more. She is the [author of two mental health related books](#).