

## **August *Your Source* – Coping with Loss**

### **Taking time to deal with grief**

Suffering a major loss can have a big impact on your life. When a loved one has passed away or we've lost something important in our life, accepting and coping with the loss is one of the hardest journeys we can take. In this edition of *Your Source* we look at a challenge that you may experience at some point in life.

### **Distribute *Your Source* in a variety of ways:**

- Email it to your members
- Post it on your Intranet
- Print and post in lunch or break rooms

## **Live Webinar! Your Grief Journey**

You are invited to join Magellan's live interactive webinar on Wednesday, August 14, 2013 1pm – 2pm (Central Time). This webinar will focus on the journey of grief. Be sure to register today to join. Click here to register: [Register Here](#)

This webinar will cover the following information:

- What is grief
- Stages of grief
- How to overcome grief
- Ways to help others overcome grief