

## ANTICIPATORY GRIEF: WHAT IT IS AND HOW TO COPE

ALS of Michigan is inviting caregivers to attend a virtual presentation about anticipatory grief and how to cope with it.

Grief is usually thought of as a reaction that occurs after a loss. However, grief can also occur when a person anticipates an upcoming loss. This “anticipatory grief” has unique characteristics that pose special challenges, particularly to members of the ALS community.

**When: March 28th**

**Time: 10:00-11:00 am**

**Presenter: Mary Hansen, LMSW, ACSW**

Caregivers contact Mary at [Mary@alsofmi.org](mailto:Mary@alsofmi.org) to RSVP & for a Zoom link



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