


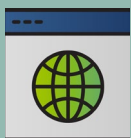
# Support, Resources, and Grief After Loss

## 988 Suicide & Crisis Lifeline & DeafLEAD Services

**FREE**

 Tuesday, April 28, 2026

 6:00 PM-8:30 PM EST



Join the meeting at  
**[tinyurl.com/KY42826](https://tinyurl.com/KY42826)**

Meeting ID: 161 485 0576  
Passcode: 372172



**Jennifer Dahlgren**  
Suicide Prevention Specialist

### WORKSHOP DETAILS

- Understanding grief
- Common types of grief
- Emotional, cognitive, and physical impacts of grief
- How grief changes over time and what can activate it
- Factors that can make grief more complex
- Healthy ways to cope and support others



**Selima Carlin**  
988 Chat & Text  
Outreach Coordinator

Presented in ASL with voice interpreting.



If you need other accommodation, please contact  
[aadkins@ky.gov](mailto:aadkins@ky.gov) before April 14, 2026

