



FOR IMMEDIATE RELEASE

Renowned Grief Expert Dr. Alan Wolfelt to Lead Educational Programs in Connecticut

NIANTIC, CT - May 29, 2025 - The Brian Dagle Foundation will host nationally recognized grief expert and author Dr. Alan Wolfelt for two educational programs this September, offering valuable resources for both the general public and mental health professionals.

The first event, "Understanding Your Grief: Touchstones for Hope & Healing," will take place on September 29 from 6:30-8:30pm in the Waterford High School Auditorium. This free program is open to the public and will explore how loss is an unavoidable part of human life while providing attendees with practical strategies for living well despite grief. The evening session is based on Dr. Wolfelt's book, "First Aid for Broken Hearts."

On September 30, Dr. Wolfelt will present "The Art of 'Companioning' the Bereaved: Caring Versus Curing." from 9:00am-3:30pm in Niantic, CT. This in-depth workshop, designed for professionals, will enhance participants' knowledge and skills in supporting those experiencing grief and loss. The workshop is anchored in Dr. Wolfelt's companioning model of grief care, which emphasizes the distinction between caring versus curing. This workshop offers professional-level training accessible to anyone who companions the bereaved. Mental health practitioners can earn 5 Continuing Education Credits (CECs) approved by the NASW. The cost for this workshop is \$150 and includes lunch.

"We're honored to bring Dr. Wolfelt's compassionate approach to grief support to our community," said Ann Dagle, President of The Brian Dagle Foundation. "His expertise offers both comfort to those grieving and valuable skills to professionals who support them."

Registration information for both events is available by calling 860-451-8354 or emailing Chelsea@BriansHealingHearts.org.

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