



Presents

# Processing Grief

## A Dialogue of Healing & Support for Those Impacted by the Tragedy of the Oxford High School Shooting

### Description of Presentation

As a resource for you, MORC is offering fireside support meetings to allow a safe place to process grief following the mass shooting at Oxford High school. Whether or not we are directly or indirectly impacted, having such a violent large scale event happen within our community heightens our sense of sadness, fear and vulnerability. Please consider this opportunity to focus on your wellness as your look to support those in your circle of influence.

### Topics will include:

- Safe place to reflect and process your experience
- Understanding the psychological impact of trauma and grief
- Practical coping strategies
- Tips for talking with children and loved ones
- Tips for promoting gun safety
- Local mental health resources

### Intended Audience

**Caregivers, Provider Workforce**

### About the Facilitators

This session will be led by Dr. Ann Liesen and a panel of Mental Health Professionals from MORC, Inc.

### Event details:

Date: Tuesday December 7<sup>th</sup> 2021

Time: 2:30pm – 4:30pm

To Register for this Event Click [HERE](#)

## Resources

MDHHS also offers the Michigan Crisis and Access Line (MiCAL) in Oakland County. Residents can call or text 844-44-MICAL (844-446-4225) 24/7 for free behavioral health crisis triage, support, resource information and referral to local services. Chat is also available through [Michigan.gov/MiCAL](https://Michigan.gov/MiCAL).

To learn about speaking to your children about safety, visit [HopkinsAllChildrens.org](https://HopkinsAllChildrens.org).

To learn about speaking to your children about violence, visit [NaspOnline.org](https://NaspOnline.org).

If you or a loved one is concerned about suicide, call 800-273-8255 or visit [SuicidePreventionLifeline.org](https://SuicidePreventionLifeline.org).

To help your children manage distress after a shooting, visit [Apa.org](https://Apa.org).

- [Oxford Mental Health Resources.pdf](#)



We Support You!

[www.morcinc.org](https://www.morcinc.org)