

## An Online Workshop

# Navigating Anticipatory Grief

## For people with cancer and their loved ones

**Meg Cipolla, MS, GC-C**



Date: Monday Nov 13th, 2023

Time: 6:00pm to 7:00pm

Place: Online (Zoom)

Cost: Free to CSCVVSBB Participants

RSVP: Register on our website:

[cancersupportvvsb.org](http://cancersupportvvsb.org)

or email:

[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)

or call: 805.379.4777

Grief is complicated. There are many types of grief and stages in the grieving process. Anticipatory grief occurs when we or a loved one are facing a life-threatening illness like cancer. Grief is a natural response, not just to the anticipation of death, but also to all the losses associated with the course of an illness like cancer.

Anticipatory grief may also be present when a loved one is living with cancer. It makes us keenly aware of the losses associated with "what was" (or what we hoped would be), especially when the threat of loss feels imminent. Please join us to learn more about anticipatory grief from our speaker, Meg Cipolla.

Meg Cipolla is a Certified Grief Counselor with the AIHCP and holds a master's degree in Thanatology (the study of end-of-life issues, bereavement, death, and dying). In 2015 her mother was diagnosed with Stage IV cancer, and for one year Meg was her mother's caregiver. After her experience with palliative and hospice care in the medical arena, Meg was called to pursue studies in the field of Thanatology in order to walk beside others who found themselves facing a terminal illness and/or the death of a loved one. She brings an open heart and mind to all those she supports on this difficult journey.