

### Micro Course Monday – Disenfranchised Grief

Micro Course	Disenfranchised Grief
Date	Monday, September 11th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – <a href="#">campus map</a> – parking in lot 5
Online Link	<a href="#">Live online in Collaborate</a>
Presenter	Kate Favaro, St. Lawrence County Hospice



Hospice of St. Lawrence Valley will explore feelings of grief and grief experiences associated with 9/11 as well as other major events in the 21<sup>st</sup> Century (i.e. COVID). Grief related to these events can easily become what is known as disenfranchised grief and processing these feelings can be harder than more traditional grief. This discussion will encourage participation and learning amongst attendees as they explore their own grief styles and ways to cope.

### Still interested in the topic?

Each semester SUNY Canton offers 1-credit and 3-credit courses on the topic of wellness, including mindfulness and yoga. [Wellness course list](#)

Enroll in the [Foundations in Mind-Body Wellness minor](#), which includes 6 courses (18 credits) dedicated to the integration of theory and practice of mind-body wellness and health.