

# Understanding Your Grief

with Alan D. Wolfelt, Ph.D.  
Author, Educator, and Grief Counselor



As part of the 2025 Perinatal Bereavement and Palliative Care Conference, Virtua Health is pleased to offer this special educational seminar focused on hope and healing for community members across South Jersey. This compassionate program will be helpful for anyone who is experiencing grief in their lives.

## Community Session for Grieving Individuals

Thursday, October 2, 2025 | 6:30 to 8:30 p.m.  
Virtua Health & Wellness Center Voorhees – Lobby E, Room 130  
200 Bowman Drive, Voorhees, NJ 08043  
Registration Fee: \$25. Light refreshments will be provided.

Participants will be able to learn about the six essential needs we all have when experiencing loss and honor their own unique grief journey.

## Discussion topics include:

- Introduction to the topic and broader framework for loss
- Understanding the concept of “touchstones”
- Dispel misconceptions about grief
- Embrace the uniqueness of your grief
- Explore your feelings of loss
- Understanding the six needs of mourning
- Nurture yourself
- Recognize you are not crazy
- Reach out for help
- Seek “reconciliation” not “resolution”

## Featured Speaker

**Alan Wolfelt, Ph.D.**

Dr. Alan Wolfelt has been recognized as one of North America’s leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care. Dr. Wolfelt speaks on grief-related topics, offers training for caregivers, and has written many bestselling books and other resources on grief for both caregivers and grieving people.



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If you have any questions, please contact [Ann Coyle](#), manager of Perinatal Bereavement Programs at [acoyle@virtua.org](mailto:acoyle@virtua.org) or 856-247-2232.

