



*Join us for a virtual*

## LUNCH & LEARN



with Hospice of the Red River Valley

Join us as we explore topics related to end-of-life care.

Lunch and Learns are held every other month on the second Tuesday of the month from noon to 1 p.m.

These events are free and open to all health care professionals.

**RSVP online at  
[bit.ly/hrrvlunchlearn](https://bit.ly/hrrvlunchlearn)  
by Jan 10.**

If you have questions, please email  
[lunchlearn@hrrv.org](mailto:lunchlearn@hrrv.org).

*Join us for*

## Grief During a Pandemic

*presented by*

**Janna Kontz**, Grief Specialist  
Hospice of the Red River Valley

This collaborative session will help attendees:

- Understand challenges of grief during a pandemic.
- Identify different feelings and emotions associated with COVID-19.
- Learn tips on coping with grief during a pandemic.

**Tuesday, Jan. 12, 2021  
Noon-1 p.m.**

Registration must be done online at [bit.ly/hrrvlunchlearn](https://bit.ly/hrrvlunchlearn). A link for the online meeting will be sent to registered attendees 24 hours before the presentation.

### Additional Information

Hospice of the Red River Valley is an approved provider of continuing education for social workers in North Dakota. This program will be awarded 1 contact hour.