



Provider Training Opportunity

Blue Cross® and Blue Shield® of North Carolina (Blue Cross NC) | Healthy Blue® Care Together | Medicaid

Understanding Grief Workshop — Virtual

Proud partner and sponsor of Mental Health America of Central Carolinas

This 60-minute grief workshop offers a compassionate, practical introduction to understanding how grief affects our emotions, bodies, and daily lives. Participants will learn why grief looks different for everyone, how it shows up in unexpected ways, and simple, healthy strategies for coping with loss, change, and emotional pain. Whether you are grieving personally or supporting someone who is, this session provides a safe, supportive space to build awareness, self-compassion, and tools for moving forward.

Date: Tuesday, June 16, 2026

Time: 2 p.m. to 3 p.m.

Location: Virtual (Zoom)

To register: [Understanding Grief Workshop — Virtual](#)

<https://provider.healthybluenc.com>



**BlueCross BlueShield
of North Carolina**

**HealthyBlue
Care Together**

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