



Presents

**“Am I Doing It All Wrong?”  
Myths and Facts About Grief and Grieving  
with Pamela Gabbay, EdD, FT**

**Join us via Zoom on Tuesday, April 14, 2026 | 6:30 - 8:00 PM**

*Am I Doing It All Wrong? Myths and Facts About Grief and Grieving* invites participants to gently examine the confusion, disorientation, and self-doubt that often accompany grief. When loss turns the world upside down, many people wonder if what they are feeling is “normal,” how long grief should last, and whether healing means eventually feeling whole again. This webinar explores how grief affects the body, mind, and spirit; challenges common myths about how grief “should” look; and discusses coping and healthy grieving. Participants will leave with a more compassionate, realistic understanding of grief—not as a problem to fix, but as a human experience to be honored.

By the end of this webinar, participants will be able to:

- Identify common myths about grief, including beliefs that everyone grieves the same way or that grief follows a predictable timeline.
- Describe how grief affects the body, mind, and spirit, recognizing physical, emotional, cognitive, and spiritual responses as normal aspects of grieving.
- Reframe the idea of “healing”, moving away from the expectation of “getting over” grief toward integrating loss into ongoing life.



**Pamela Gabbay, EdD, FT**, is a nationally recognized author, trainer, and consultant who has served the bereavement field in many capacities throughout her career. Dr. Gabbay is part of the Youth Programs Team for the Tragedy Assistance Program for Survivors (TAPS) and is also part of the Training Corps of the American Foundation for Suicide Prevention (AFSP).

**Register: [bakken-young.com/event/grief-webinar/](https://bakken-young.com/event/grief-webinar/)**

**Questions? Contact Julia Rajtar, Grief Support Coordinator at 715-781-4003  
or [julia@bakken-young.com](mailto:julia@bakken-young.com)**

For more information go to [bakken-young.com/grief-resources](https://bakken-young.com/grief-resources)

New Richmond 715-243-5252 | River Falls 715-425-8788 | [info@bakken-young.com](mailto:info@bakken-young.com)