

# Bakken Young

Funeral & Cremation Services

Presents

## Our Grief Support Webinar “Grieving When the Relationship Was Strained” with Heather Stang, MA, C-IAYT

Join us via Zoom on Thursday, October 1<sup>st</sup>, 2026 | 6:30 - 8:00 PM

When the person who died brings up complicated feelings, grief can feel lonely and hard to name. Your experience may not fit neatly into what others expect. Some people may assume the relationship was loving and simple. Others may assume you only feel relief because it was painful. But the truth is often more nuanced than that. This webinar will help you honor the reality of the relationship without pretending it was something it wasn't. You'll learn why grief can feel different when the relationship was strained, and explore practical mindfulness and self-compassion tools to help you tend to guilt and regret, soften attachment wounds, and begin making peace with what was and what is to come. With self-compassion, practical tools, and support, it is possible to carry the truth with more tenderness and less pain.

### Objectives:

- Explain the specific challenges that can arise when grieving someone with whom the relationship was difficult or strained.
- Identify ways to cope with guilt, regret, anger, relief, and other mixed emotions while making peace with the reality of the relationship.
- Explore practical mindfulness and self-compassion tools to help heal attachment wounds and improve the relationship with self and others.



**Heather Stang, MA, C-IAYT**, is the author of *Living With Grief* (formerly *Mindfulness & Grief*) and the guided journal, *From Grief To Peace*. She holds a Master's Degree in Thanatology from Hood College; and is a Certified Phoenix Rising Yoga Therapist.

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

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

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