Uplift has a variety of education opportunities including informational sessions, group discussions, and training webinars, designed to create a culture of open and supportive grief acknowledgement.

Services include:
- In-depth discussions to follow viewings of the pre-recorded webinar series: Support For The Helpers: Moving Through Our Collective Grief & Trauma Experiences During the COVID-19 Pandemic.
- Webinars including Supporting Each Other Through Grief in the Workplace Series.
- Self-Care support, including yoga and meditation groups.

Cost:
Webinars and self-care opportunities start at $250/session.

Uplift can provide meaningful support for your employees and their families.

**SUPPORT FOR HR ACTIVITIES**

Uplift has trained thousands of professionals through engaging webinars and workshops. Our Masters’ level clinicians are available to provide Human Resource Departments with specialized trainings.

Services include:
- Guidance on leading self-care check-ins with staff.
- Webinars for HR Departments including Trauma- and Loss-Informed Approaches to HR in the COVID era, Building a Trauma Informed Workplace, Trauma-Informed Behavior Management, and Supporting Grieving Staff/Grief in the Workplace Series.
- Panel-style discussions with clinicians in support of HR Departments.

Cost:
Prices starting at $250/hour

**DIRECT HELP FOR EMPLOYEES AND THEIR FAMILIES**

Uplift can provide a safe space for employees, and their children, to talk through their grief.

Services include:
- Self-care check-ins with employees.
- Support for employees experiencing ambiguous loss.
- One-time or ongoing intimate grief support groups for limited numbers of employees.
- One-time or ongoing family groups for employees and their families.
- Personalized phone support for employees and their families.

Cost:
Each package is individually designed with your company’s needs in mind. Prices start at $500/month for basic package with 50 or fewer employees.

**EDUCATION OPPORTUNITIES FOR ALL EMPLOYEES**

Uplift has a variety of education opportunities including informational sessions, group discussions, and training webinars, designed to create a culture of open and supportive grief acknowledgement.

Services include:
- In-depth discussions to follow viewings of the pre-recorded webinar series: Support For The Helpers: Moving Through Our Collective Grief & Trauma Experiences During the COVID-19 Pandemic.
- Webinars including Supporting Each Other Through Grief in the Workplace Series.
- Self-Care support, including yoga and meditation groups.

Cost:
Webinars and self-care opportunities start at $250/session.

To learn more, please contact Darcy Walker Krause, at darcy@upliftphilly.org, or 267-437-3123, ext. 3.  
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