



Communication Flyer

What is the Program about?

LightsOut provides a Grief Education Program designed to empower people by increasing their knowledge and awareness about death, dying and grief. Increased death literacy reduces the negative flow-on effects of grief, and further develops the skills needed for supporting others who are grieving.

What are the main Program features?

LightsOut consists of 10 self-led modules designed to build awareness of death and grief bereavement, providing practical tools and strategies to support people in their grief journey and help them show up appropriately for others experiencing loss. The program allows participants to move through the content at their own pace, making it flexible and accommodating to different schedules and learning styles. With a user-friendly online platform, all modules and resources are easily accessible, consolidating a suite of evidence-based resources. The content is grounded in the latest research on grief and bereavement, supplemented by insights from individuals with lived experience of grief, ensuring it resonates deeply with participants. By addressing both personal grief and the ability to support others, the program contributes to building overall resilience. LightsOut empowers people to navigate the complexities of grief with greater understanding and resilience, fostering a compassionate community equipped to handle loss in a healthy and supportive way.

**For more information
about the online modules
go to www.lightsout.app**

Module Themes

Strengths & Goals
Personal Views on Death
Emotions of Grief
Actions of Grief
Life and Living
Empathy
Everyone Grieves Differently
Supporting the Grieving
Funerals
Personal Death Awareness

Who is the Program for?

LightsOut is designed for anyone 16+ seeking to deepen their understanding of death and grief for personal development and to better support others. It is ideal for:

- those wanting to learn about grief and looking for practical tools and strategies
- individuals who want to appropriately support grieving friends and family
- professionals in healthcare, counseling, social work, and education aiming to enhance their grief management skills
- community leaders fostering a compassionate environment
- anyone interested in personal growth and building capacity for mental health resilience around grief

By addressing both personal and communal aspects of grief, LightsOut empowers people to handle loss with greater understanding and compassion.

What are the Outcomes?

Resilience, Grief Skills, Confidence, Life with Meaning, Self Determination, Death Literacy