



**W**e are thinking of you during your journey through grief. We reach out to our TRU family members by phone and with periodic mailings during the 13 months following the death of a loved one. These quarterly grief support newsletters are available to you, your friends, and your community at [trucare.org](http://trucare.org) under Our Services/Grief Support.

Please call us anytime for support at 303.604.5300.

## Signs of Mourning and Sadness

### Healing Tears

Do you wonder if the tears will ever stop? They steadily fall, unpredictably and unexpectedly. Often inconvenient and unwanted, these signs of mourning, sadness, and pain also signify caring, love, joy, and even relief.

At times, we clearly understand their meaning in our day. Other times, nothing is clear. Everything is jumbled, confusing, and meaningless. We know of others who haven't cried, which may make us angry, worried, or even jealous.

There are no simple answers to why some of us cry and others don't. We are all different. We grieve uniquely, in our own time frames, rhythms, and patterns.

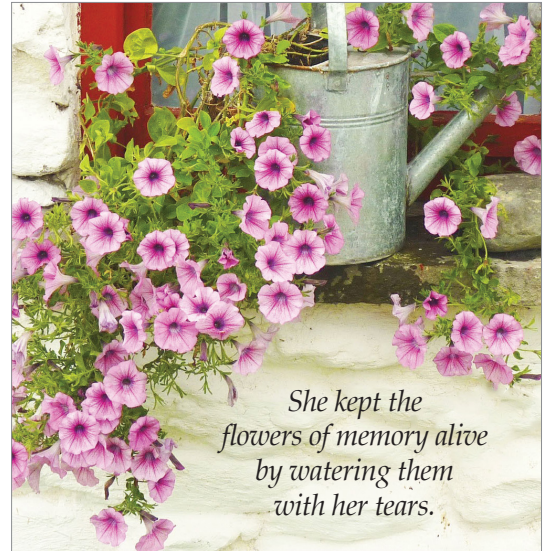
What we, and those around us, may not know is the healing physical nature of tears. Chemically, tears of emotional pain differ from tears of laughter and joy. When our bodies experience pain or stress, tears cleanse.

Nowhere does it say a person must cry to be healed. Many have wanted to cry and felt they couldn't. They might substitute a healthy scream or write about their grief journeys in a journal.

And what if we suddenly find ourselves enjoying something, actually laughing until tears flow again? Shocked to think we might be forgetting our pain, we may feel guilt and remorse instead of gladness.

Life is full of sorrow. Life is also full of wonder and joy. We experience so much in this world. Tears are small miracles, for tears of joy and tears of pain both heal.

*Adapted from Healing Tears by Pat Andrus*



### Without Saying a Word

Noted author and lecturer Leo Buscaglia tells of a four-year-old boy who lived next door to an elderly gentleman who recently had lost his wife.

One day the child saw the man sitting on his porch in a rocking chair and noticed that he was crying.

The little boy walked over to the man's porch, made his way up the steps and climbed onto the old gentleman's lap.

Without saying a word, he just sat there.

Later, when his mother asked him what he had said to the neighbor, the little boy answered, "Nothing. I just helped him cry."

Our grief groups are available to anyone needing support after the death of a loved one. The meetings, led by experienced bereavement group facilitators, include specific topics and optional personal sharing in a safe and accepting atmosphere.

Registration is required prior to first attendance for all groups. Please call TRU at 303.604.5213 for registration information and details about group times / locations. For additional information, please visit our website at [trucare.org](http://trucare.org).

### Ongoing Grief Groups

#### Lafayette Grief Support Group

For those who have experienced the death of someone significant.

Meets 4th Tuesday  
6:00 - 8:00 PM

#### Bereaved Parents Group

Educational meeting with program and sharing for bereaved parents only.

Meets 3rd Wednesday  
6:30 - 8:30 PM

#### Sudden Loss Group

For anyone who has experienced a sudden or unexpected loss.

Meets 2nd & 4th Wednesdays  
6:30 - 8:00 PM

#### Spouse/Partner Loss Group

For people who have experienced the death of a spouse or significant other.

Meets 1st & 3rd Tuesdays  
6:00 - 8:00 PM

#### Widowed Senior Grief Support

For men and women who have lost a spouse.

Meets 4th Wednesday  
10:00 AM - 12:00 PM

#### Boulder Hiking Group

Combines exercise and support for people who are grieving or caregiving.  
Seasonal

### Structured Groups

#### Newly Bereaved Support Program

Support, information, and networking for persons with recent death losses.  
Offered monthly

#### Eight-Week Bereavement Support Group

For anyone who has experienced a loss. Evening groups are held throughout the year depending on enrollment.

#### Eight-Week Bereaved Parent Group

For parents who have lost a child of any age. Groups are held throughout the year depending on enrollment.

#### Healing Circles Grief Groups

For children (ages 6 -12), teens (ages 13 -17), and families. Groups are held year-round.

## An Honest Expression of Grief

People cry – men and women, boys and girls. Unfortunately, males have been discouraged from grief work.

From early childhood they hear, “Big boys don’t cry.” And when it hurts: “Take it like a man.” Whatever the words, the intent is the same. Be brave. Be silent. Don’t break down.

Messages like these have made men consider tears a sign of weakness, vulnerability, and loss of control. Yet crying is an honest expression of grief that transcends words.

Don’t feel embarrassed for expressing your emotions. Repressing them can lead not only to psychological harm but to physical illness as well. Washington Irving said it so eloquently,

*“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief, of deep contrition, and unspeakable love.”*

*Adapted from I’m So Embarrassed When I Cry  
by Rabbi Earl A. Grollman*

### Grief Groups Location

Grief Services: 2593 Park Lane, Lafayette



#### Grief is a Mess

Written and illustrated by Jackie Schuld  
[jackieschuld.com/grief-is-a-mess](http://jackieschuld.com/grief-is-a-mess)

#### No Time for Tears Coping with Grief in a Busy World

by Judy Heath, Psychotherapist LISW-CP  
Foreword by Bernie Siegel, MD

#### Tear Soup A Recipe for Healing After Loss

by Pat Schwiebert and Chuck DeKlyen

*... let the tears  
that are inevitable  
soften your journey.*

*- Bernie Siegel, MD*

Image courtesy of jscreationzs at FreeDigitalPhotos.net



Tears are  
how our  
heart speaks  
when our  
lips simply  
cannot find  
the words  
to describe  
the pain.

## My Moment to Grieve

Crying is something that everyone does. It's a normal part of life. However, if you're male, then different standards are often applied.

Many times, the issue is that people associate men crying, or displaying too much emotion, with being weak and less than whole.

An alternative view is that crying represents caring and compassion, along with a display of strength, confidence, and self-awareness.

Personally, I don't like to cry, but I'm not embarrassed to do it either. The first lesson I learned about the proper display of a man's emotions was at my grandmother's funeral. A man in my family "corrected" me for crying. His words and actions basically told me to "man-up."

My response to the correction was direct, assertive, and purposeful. This moment wasn't about maintaining superficial expressions. This moment was about my grandmother, my moment to grieve. If I didn't allow myself to grieve as it happened, then I might have prolonged the healing process and not adequately coped with her death.

*Adapted from Why Shouldn't Men Cry?*  
*Blog post by S.L. Young / [www.slyoung.com](http://www.slyoung.com)*

## Crying is important because it...

is a natural response,  
a normal part of life

releases  
emotional pain

is a strength,  
not a weakness

helps individuals to heal

allows feelings of happiness  
to be fully realized

helps to adequately  
cope with strong feelings

allows one to go  
beyond the superficial

helps connect with  
feelings of vulnerability  
and humanity

*Adapted from Why Shouldn't Men Cry?*  
*Blog post by S.L. Young / [www.slyoung.com](http://www.slyoung.com)*



COMMUNITYCARE

Hospice • Supportive Services • PACE

a nonprofit organization founded as Boulder County Hospice in 1976

What TRUly Matters

## Healing in Nature

"Go outside and play!" I can still hear my mother's voice shooing us out the door when we were kids. We would spend hours climbing trees, catching tadpoles, pretending the spongy, green moss was our doll's bed. We played outside and never knew it was "good for us."

Turns out my mother's words of wisdom are actually substantiated by science. There is a growing body of scientific evidence that being in nature is good for us.

Being in nature has been proven to improve our mental and physical health in the following ways:

- |                                    |  |
|------------------------------------|--|
| <b>Reduces</b> stress              | <b>Boosts</b> immune system                                    |
| <b>Decreases</b> anxiety and anger | <b>Improves</b> sleep  |
| <b>Increases</b> ability to focus  | <b>Increases</b> energy level                                  |
| <b>Greater</b> social cohesion     | <b>Improves</b> memory   |
| <b>Reduces</b> blood pressure      | <b>Decreases</b> negative thinking that can lead to depression |

The end of the school year can leave parents scrambling to find ways to keep kids busy over summer break. While maintaining structure is important, having time to just play is healthy for children, especially children coping with loss. Encouraging kids to be in nature, whether it is a mountain hike or a walk in the local park, will help them regulate their emotions and cope with the big emotions of grief. In the midst of their sadness, children can experience joy in the wonderment and discovery of nature.

So go ahead and tell your child to "Go outside and play!" Better yet, go outside with them - it will be good for you, too.

## Summer Healing Circles

**Teen Group**  
2nd and 4th Thursday  
of every month  
5:30 - 7:00  
Ages 13-18

**Kids and Parents  
Grief Group**  
Call for Dates  
Ages 5 -12

**Healing with Horses Group**  
8-week group  
Call for Dates

**Mother's Day Event**  
Saturday, May 13  
10:00 - 12:00 / All ages

**Father's Day Event**  
Saturday, June 17  
10:00 - 12:00 / All ages

Counseling is available for TRU Community Care kids and teens. Consultations, information, and presentations for community families, schools, and professionals also are available. Groups are available to both TRU families and community members free of charge. For specific times, dates, and locations, and to register, please call Kate Dalla Betta at 303.604.5330. Pre-registration is required for all events.

### Grief Services Staff

**Thad Frye**  
Adult Grief Counselor

**Charley Rosicky**  
Adult Grief Counselor

**Richard Mercer**  
Adult Grief Counselor

**Kate Dalla Betta**  
Children's Grief Counselor

**Reta Morrisette**  
Grief Group Coordinator

**Shelli Worrall**  
Office Coordinator

### Contact Us

303.604.5300  
Visit us at  
[trucare.org](http://trucare.org)  
and [facebook.com/TRUCommunityCare](https://facebook.com/TRUCommunityCare)

TRU Grief Services welcomes donations. Donations will help provide resources for groups and family night and provide materials. TRU Community Care is a nonprofit 501(c)3 organization. We appreciate your support.