We 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 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*
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.

**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.

**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.

---

**Grief Services:** 2593 Park Lane, Lafayette

---

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*

---

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

- Bernie Siegel, MD

---

**Grief is a Mess**
Written and illustrated by Jackie Schuld
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

---

Image courtesy of jscreationzs at FreeDigitalPhotos.net
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
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:

- Reduces stress
- Decreases anxiety and anger
- Increases ability to focus
- Greater social cohesion
- Reduces blood pressure
- Boosts immune system
- Improves sleep
- Increases energy level
- Improves memory
- Decreases 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.

---

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.