



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 Support/Grief Services.

Please call us anytime for support at 303.604.5300.

Journal Writing...

A Tool for Healing

A journal, thoughtfully done when grieving, can assist us to pay closer attention to our lives, and to evoke and develop our understanding of ourselves and others. Journaling invites us to go beyond the appearance of things.

Keeping a journal can be healing, as we move issues from inside to outside, a very effective means of getting in touch with powerful or disruptive emotions. The process of "letting off steam" through writing is one that many have found extremely productive and cathartic.

The use of dialogue in a journal can also be very powerful, allowing us to express our feelings to others safely and confidentially. Used consciously and deliberately, such dialogue can help to clarify an idea or relationship, capture memories or resolve unfinished business.

Every journal is unique and personal. It develops and takes shape as the individual using it develops. Trust the process, keep it simple and let perfectionism go. Do it, and learn by doing.

Adapted from "Journal Writing," a handout prepared by Father Bill Whittier for the Hazelden Renewal Center



*Writing is the painting
of the voice.*

-Voltaire

A Grief Journal for the Non-Writer

If writing doesn't come naturally to you, or you don't know where to begin, there are other ways to express yourself in your own personal style.

Keep it simple.

Create a photo journal or picture collage.

Recall favorite memories.

Listen to a special song.

Use images, color, texture.
Draw.

Describe your state of mind with a two-word "weather check" - stormy and rough...bright sunshine.

Adapted from "A Grief Journal for the Non-Writer" hellogrief.org/a-grief-journal-for-the-non-writer/

Image courtesy of Gualberto 107 at FreeDigitalPhotos.net

Our grief groups, which meet at a variety of locations, 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

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 Persons Service Group

For men and women who have lost a spouse.
Meets 4th Wednesday
10:00 AM - 12:00 PM

Boulder Hiking Group

Combine 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.

We're Moving! Please join us...

Sunday, June 26

2 - 5 PM

2593 Park Lane in Lafayette

for the grand opening of our new building, which will house our Grief Services offices beginning in early May, as well as our new PACE (Program for All-Inclusive Care of the Elderly) services.

We'll also take this opportunity to celebrate TRU's 40th anniversary. We hope to see you there!

For more information, go to TruCare.org.



Grief Group Locations

Boulder: 5565 Arapahoe Avenue, Boulder

Atonement Lutheran Church: 685 Inca Parkway, Boulder

Lafayette Office: 2594 Trailridge Drive East, Lafayette

East Boulder Senior Center: 5660 Sioux Drive, Boulder

First Lutheran Church: 803 3rd Avenue, Longmont

Medicine Horse: 8778 Arapahoe Road, Boulder



I Remember You: A Grief Journal

by Laynee Gilbert

Fire In My Heart, Ice In My Veins A Journal for Grieving Teens

by Enid Samuel Traisman

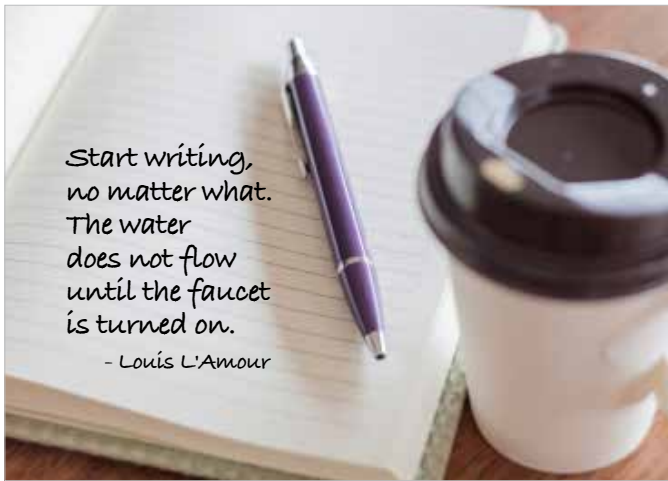
Chill & Spill: A Place to Put It Down & Work It Out A therapeutic journal for teens and 'tweens (ages 11+) dealing with crisis or trauma

<http://artwithheart.org>

Image courtesy of jscreationz at FreeDigitalPhotos.net

*...to say
the very thing
you really mean...
that's the whole art
and joy of words.*

- C. S. Lewis



Expressing Your Grief

A journal may serve as your record of daily experiences. What were the highs and the lows? What made you laugh or cry? Take note of the extraordinary in the ordinary.

Reflect on the deeper issues that confront you during the grieving process, the people who have helped you, and the experiences which have nurtured you.

Consider the turning points in your life, your goals, fears, strengths and weaknesses.

Write out your feelings. Vent.

Compose poems, stories or prayers.

Record your dreams.

Some of the pain of grief results from unfinished business. Writing letters to your loved one may help you to clarify your thoughts and feelings and to tie up some of your loose ends. Writing these letters may also bring up painful feelings. As hard to bear as the pain may be, releasing it is often helpful and healing.

*Adapted from TRU Archived Literature
Image courtesy of punsayaporn at FreeDigitalPhotos.net*

Prompts for Exploring Grief

What I need most now is...

I remember when...

Sometimes I'm afraid that...

I wish I could tell the person who died...

The most important thing I have learned...

Sometimes I feel angry when...

No one ever told me...

The one thing I am thankful for is...

Adapted from TRU Archived Literature

KIDS' CORNER

Grief Support for Children and Teens

Speak Your Truth

When you're grieving, sometimes there isn't enough time in the day, with school, after school activities, family commitments and social time, to think about what has happened after a special person has died. Writing about your experiences in a journal or making a memory book are healthy ways to express and process feelings of grief and loss.

Be creative. Write a poem or a story to honor your special person. Speak your truth either privately or, if desired, share with friends and family. A topic can sometimes help focus your thoughts, or be a way to have an ongoing connection.

"What I want you to know now that you are gone..."

"Today was..."

There are a number of pre-written journals, but a blank book is all you really need. You might also use a coloring journal, to help you relax at the end of the day. Summer is a good time to engage in simple activities, allowing space for the heart, mind, and spirit to connect.

Images courtesy of Supertrooper at FreeDigitalPhotos.net and anankml at FreeDigitalPhotos.net



Summer Healing Circles

Healing with Horses

Ages 5 -18
Medicine Horse
July - August

Kids, Teens and Parents Hiking Group

Chautauqua Park
May - June

Nature Adventure Day

Eldorado Canyon State Park
August

Father's Day Butterfly Memorial

The Butterfly Pavilion, Westminster
June 19
11:30 AM - 12:45 PM

Counseling is available for TRU Community Care kids and teens. Consultations, information and presentations for community families, schools and professionals are also 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 Michon Davies at 303.604.5330. Pre-registration is required for all events.

Grief Services Staff

Karlene Campbell
Grief & Volunteer
Services Manager

Shelli Worrall
Office Coordinator

Thad Frye
Adult Grief Counselor

Georgia Robertson
Adult Grief Counselor

Charley Rosicky
Adult Grief Counselor

Michon Davies
Children's Grief Counselor

Contact Us

303.604.5300
Visit us at
TruCare.org
and 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.