



**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 [www.TruCare.org](http://www.TruCare.org) under Our Support/Grief Services. Please call us anytime for support at 303.604.5300.

## Metaphors for Grief in Nature

### A Grand Canyon visit, soon after the loss of a loved one...

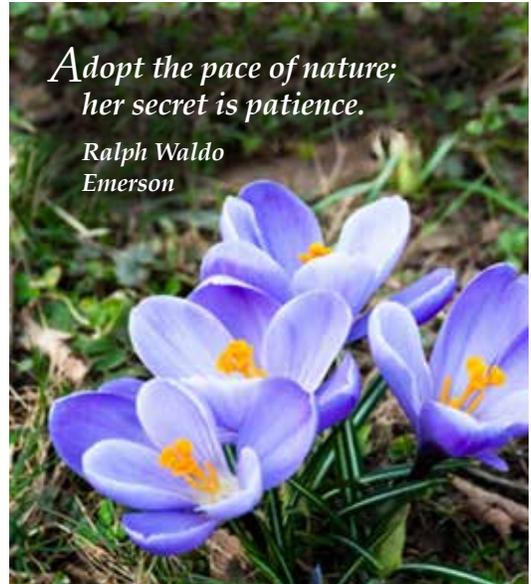
Much like the Canyon itself, in times when I have the courage to walk up to the edge of this unspeakably large hole in the very earth of me...the strength to open my eyes to it with an unjudging heart and fully see it... I find beauty.

I find that the winds of every soul in my world have blown through and softened the walls of this pain, and they continue to do so, little by little. I find a landscape in me that has been slowly painted with passion, creativity and dreaming - rendering it vibrant with color.

Also, deep within, I find the river still rushing through - the losing of you - still creating rapids and cutting into me with strong currents. And it is here on the edge looking out that I know...this journey, canyon of my heart, will last my lifetime.

It will not fade, I will not forget, it is now a part of my landscape for all time.

*Adapted from Metaphors for Grief in Nature  
by Sarah Treanor, Artist  
[http://www.soaringspirits.org/metaphors\\_for\\_grief\\_in\\_nature](http://www.soaringspirits.org/metaphors_for_grief_in_nature)*



*Adopt the pace of nature;  
her secret is patience.*

*Ralph Waldo  
Emerson*

### The Grieving Garden: Simple Ways to Cope with Trauma and Loss

Finding solace in ordinary tasks can be very comforting, and even therapeutic, when you are grieving.

Ask yourself what nurtured you before the loss occurred, what gave you strength.

Then, instinctively seek out these experiences and places.

Calm yourself by organizing.

Rototill the yard.

Create a butterfly garden.

Plant a tree.

These simple actions may bring joy and renew hope.

*Adapted from The Grieving Garden:  
Simple Ways to Cope With Trauma and Loss by Leann Reynolds  
[www.huffingtonpost.com/leann-reynolds/grief\\_b\\_1345109.html](http://www.huffingtonpost.com/leann-reynolds/grief_b_1345109.html)  
Image courtesy of franky242 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](http://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

#### Boulder Grief Support Group

General group for anyone who has suffered a death loss.  
Meets 1st & 3rd Thursdays  
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.

## Hiking Off the Grief with Hospice

The idea for organizing hikes came from a realization that "nature heals", and that participating in a traditional grief support group, especially immediately after a loss, can be too difficult for some people.

The hikes have a mostly free structure. Route, pace and duration are flexible, depending on the participants, the weather and the season.

Making connections with fellow hikers, especially those who have shared similar losses, can be the greatest comfort.

Caregivers too stand to benefit, both from the emotional support and respite these outings provide.

2016 dates will be announced for TRU Hiking Groups and TRU Hike for Hospice event.

*Adapted from Hiking off the grief with hospice\* by Katherine Creel, Boulder Weekly.*

*\*HospiceCare of Boulder and Broomfield Counties now TRU Community Care/Hospice*

**T**houghts come clearly while one walks.  
- Thomas Mann

### 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



### The Fall of Freddie the Leaf

A Story of Life for All Ages by Leo Buscaglia, Ph.D.

### The Nature of Grief:

**Photographs & Words for Reflection & Healing**  
by Rebecca S. Hauder R.N.

### Nature Awareness... (Journey of Hearts website)

The Healing Qualities of Nature & Coping with Loss Using Nature by Kirsti A. Dyer, MD, MS, FAAETS  
<http://www.journeyofhearts.org/jofh/resources/nature>

*...there, asleep  
in the tree  
and the ground,  
were already plans  
for new leaves  
in the spring.*

- Leo Buscaglia, Ph.D.

Image courtesy of jscreationzs at FreeDigitalPhotos.net



formerly HospiceCare of Boulder & Broomfield Counties  
**COMMUNITYCARE**  
Hospice | Supportive Services

What TRUly Matters



## Fern-Leafed Beech

by Moyra Caldecott

This tree listened  
when my love died.  
I leaned my head  
against its trunk  
and cried.  
No words passed,  
but I took its strength  
and knew  
that life at last  
secretly transforms  
until what is seen  
becomes unseen,  
and what has been is still to be.

*Image courtesy of tiverylucky  
at FreeDigitalPhotos.net*

**How can we  
consciously use nature  
to heal from grief?**

### Explore nature-based rituals

There are a myriad of  
options for incorporating  
nature into ceremonies

### Get out more

Simply set a routine  
to keep moving,  
after the loss of a loved one

### Use visualization

Hold images of nature  
in your mind, as an inspiration to  
keep going

### Start a garden

For those who are grieving,  
gardening has many  
therapeutic qualities

### Be creative

There is no "right way"...  
seek out ideas and activities  
that work for you

*Adapted from  
How Nature Can Help Us Heal From Grief  
by Sami Grover*

*Mother Nature Network April 16, 2013  
<http://www.mnn.com/users/sgrover/page/18>*

# KIDS' CORNER

Grief Support for Children and Teens

## A Time of New Beginnings

Spring is a time of new growth and beginnings. The season's change allows children to remember their special people as the snow melts, flowers bloom, the sun warms and gardens are planted.

Play is an important way that children process feelings, experiences and loss. Being in nature allows children to connect with the earth, each other and their own sensory experiences. Hiking, climbing, planting, creating, being with animals are some of the ways we support child and teen grief, so they can remember and share.



## Spring Healing Circles

### Healing with Horses

Ages 5 -18  
Medicine Horse

### Kids and Parents Group

Ages 6-12

### Teen Group

Ages 13-18  
Creative arts, sports and nature

### Mother's Day Wreath Workshop

All ages

### Nature Adventure Day

Ages 8-18  
Full day in Boulder with  
ABC climbing

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.

Call 303.604.5330 to register. 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.



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