



Grief Support

WINTER 2015

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 www.TruCare.org under Our Support/Grief Services.

Please call us anytime for support at 303.604.5300.

Special Handling, Please

*I was handed a package the other day.
It was wrapped securely to be mailed away.
Attached to the outside as plain as could be
was a simple note for all to see:*

*Contained within, find one bereaved heart
fragile, broken, falling apart.*

*People say, "Come over, Be of good cheer,
Celebrate the holidays, Prepare a New Year."*

*But my grief overwhelms me
like waves in the sea.
Can they cope with my crying;
an unsettled me?*

*I don't have any holiday cheer.
Decorations, traditions,
big family meal,
I can't do it this year.
Do you know how I feel?*

*So just ship me away;
address unknown.
When my grief is over,
I might fly home.*

Signed,

Bereaved Heart

*I just couldn't send
Bereaved Heart away,
so I jotted a note
and left it that day.*

*Stay in your season
of winteriness as long as
need be, for everything
you feel is appropriate.*

- Rusty Berkus

*Dear Bereaved Heart:
The death of your loved one has forced you to start
a new type of living that's hard on the heart.
Don't be concerned now with invitations, big meals.
See how the little stuff handles and feels.
Let the love of your family, neighbors and friends
uphold and sustain you when you're at loose ends.
When holiday invitations knock at your door,
don't say "yes" to five when you only want four.
Please listen, Bereaved Heart, stay close and please dare
to open your package and let others care.*

*Signed,
Your Friend*

Written by Mary J. Pinkava from
CHANGES, Nov/Dec. Issue 1991

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What TRUly Matters

Our grief groups, which meet in 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.

Participants may drop in to Ongoing Grief Groups as scheduled, and must register for Structured Groups. Please call 303.604.5300 to register, or for more information.

Ongoing Grief Groups

Bereaved Parents Group

Educational meeting with program and sharing, for bereaved parents only.
Meets 2nd Wednesday
6:00 - 8:00 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

Broomfield Daytime Grief Support Group

For those who have experienced the death of someone significant.
Meets 1st & 3rd Wednesdays
10:30 AM - 12:00 PM

Structured Groups

Newly Bereaved Support Program

Support, information and networking for persons with recent death losses.
Call 303.604.5300 for details.

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.

2015 Lights of Life Holiday Remembrance Service

This holiday season, TRU Community Care invites you to remember someone who has been special in your life by attending our Lights of Life Holiday Remembrance Service.

Our indoor service will feature a reading of names, music, and a luminaria ritual, along with light refreshments. You'll have a chance to connect with others who are in similar situations and feel more supported going into the holidays.

Guests are invited to bring a photo or memento to place on our memory table. If you choose, you may also bring a story, poem, or reading to share during a designated time in the service. You may also come and just sit quietly.

For additional information or to RSVP, please call TRU Grief Services at 303.604.5300 or email griefsupport@trucare.org



Longmont Service

Saturday, December 5th 5:00 p.m.
Plaza Conference Center
1850 Industrial Circle, Longmont
(behind Best Western Plus Plaza Hotel)

Boulder Service

Sunday, December 6th 5:00 p.m.
East Boulder Senior Center
5660 Sioux Drive, Boulder

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

Broomfield Community Center: 280 Spader Way, Broomfield

First Lutheran Church: 803 3rd Avenue, Longmont

Medicine Horse: 8778 Arapahoe Road, Boulder

To Heal Again

Towards serenity and the resolution of grief
by Rusty Berkus

Healing Your Holiday Grief

100 practical ideas for blending mourning and celebration during the holiday season
by Alan D. Wolfelt, Ph.D

Grieving as a Family: Finding Comfort Together

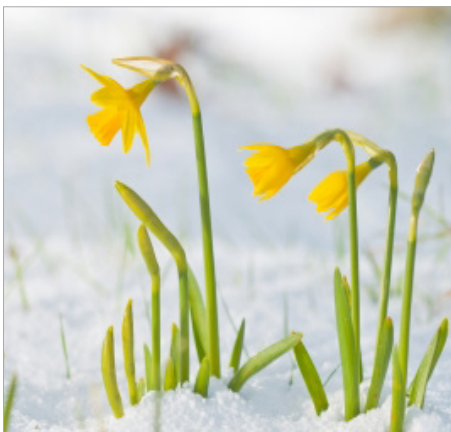
Sesame Workshop -
Sesame Street nonprofit educational organization
<http://www.sesamestreet.org/parents/topicsandactivities/topics/grief>

Image courtesy of antpkr at FreeDigitalPhotos.net

Attend a
Remembrance Ceremony...
*The act of joining together
in our grief and ritualizing our
mourning can be very healing.*

- Alan D. Wolfelt, Ph.D





How Will I Get Through the Holidays?

Chances are it will be a painful time. There will be difficult moments, but the holidays don't have to be "horrendous". Sometimes the anticipation is worse than the actual experience.

Express yourself in a way that works for you. Cry. Talk. Keep a journal. Write a letter to the deceased, a poem or story, or record your dreams. Sing. Play an instrument. Pray. Make something out of wood, mold clay, quilt, or paint.

Identify which aspects of the holidays are meaningful to you, and which traditions you can modify or forgo. Try not to make drastic changes, but some changes can be healthy and important.

Seek out those who will let you talk or cry, or do whatever you need to do. Contact local bereavement support programs, or join a grief group.

Give yourself time to rest, and be forgiving of yourself. Don't overcommit. Ease holiday demands and set easy-to-attain goals.

Find moments to place your attention outside yourself. Volunteer, help a neighbor, or assist a stranger.

Stay open to the demands of this experience. There is hope for your healing and growth.

*Adapted from How Will I Get Through the Holidays? 12 Ideas for Those Whose Loved One Has Died, by James E. Miller
Image courtesy of Serge Bertasius Photography at FreeDigitalPhotos.net*

*Ideas... for those
whose loved one has died*

Accept the likelihood
of your pain.

Express your emotions.

Take charge
where you can.

Turn to others
for support.

Be gentle
with yourself.

Do something
for others.

Harbor hope.



Holidays and the Art of Compromise

During the holidays, everyone in the family has different desires about how they want to remember their special person who has died. Some family traditions may be important to keep, and others may not. It takes everyone's involvement in making a plan and finding a balance, in order to accommodate everyone's individual needs.

Kids and teens may want to keep some traditions, allowing them to feel connected to their special person. Or, sometimes, they may feel open to doing something new. No matter what is decided, the key is to ask important questions and have the necessary conversations about planning for the holidays before the holidays arrive, when grief often surfaces again like a wave.



Winter Healing Circles

Healing with Horses

Ages 5 -18
December 8 and 15
Medicine Horse

Kids Coping with the Holidays Glass Workshops

December 20 and 27
C and H Glassworks

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

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of Grief Services*

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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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