



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.

Unfinished Business

Anticipate Tomorrow & Find Completion

Almost everyone suffers from regrets and sadness over unfinished business with a deceased loved one.

Many times, we are haunted by the feeling that somehow we could have made the situation better. This can be a minefield during bereavement, serving as a hook into our hearts and holding us back from moving forward.

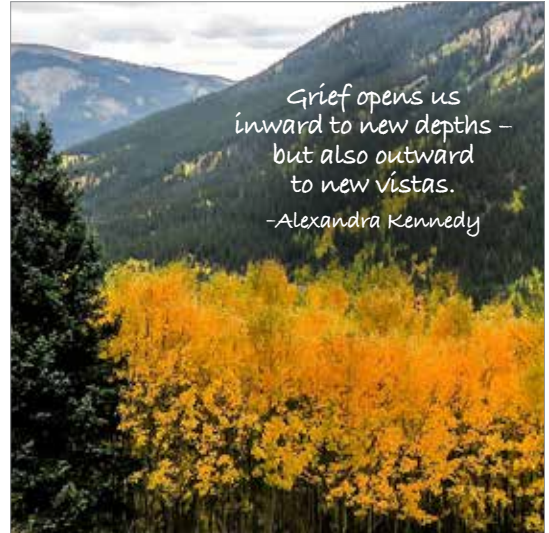
What is your unfinished business with someone you know who has died? You can often hear it in the description of your losses.

There are the missed opportunities to learn and share, the promises not kept, apologies not given, or grudges not forgiven. There is also unfinished business in unspoken words of love and gratitude.

For some survivors, writing letters to their loved one helps tie up loose ends. For others, making charitable contributions of time and effort in the name of their loved one can be a positive way to resolve their "debt."

You can also anticipate tomorrow and take care of whatever unfinished business is affecting your current relationships. Experience completion with those friends and loved ones who are still with you by apologizing, making amends, expressing your gratitude.

*Adapted from Unfinished Business by Ellen Zinner, Psy.D.
Reprinted with permission of Hospice Foundation of America,
Journeys, 5/96*



Our Grief Stories... Changing the Narrative

Regrets and unfinished business leave us with a grief story that focuses on pain and suffering.

This can prevent or delay a healthy grief process.

Our expressions "What if?" or "If only" are most often associated with feelings we experience as unfinished or incomplete.

By reflecting instead on more meaningful moments and tender memories shared with our loved one, we refresh our grief story.

This more positive narrative inspires a sense of peacefulness and hope.

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

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.

Our Deepest Sharing

Often, when spending time with people who are dying, they either speak about regrets, special moments shared with another or in nature, or memories of trips and tender times.

What would you find most important to share with someone?

If what you reflect upon most are regrets, perhaps it would be helpful to take care of regrets now and create more meaningful moments.

Stephen Levine in his book "Who Dies?" writes that "Finishing business means..."

I open my heart to you.

Whatever blocks my heart with resentment or fear, I let go of.

What I still want from you, I let go of.

I just send love.

I let go of what obstructs our deepest sharing."

Adapted from Grief and Unfinished Business by Kathleen Braza

Grief Groups Location

Grief Services: 2593 Park Lane, Lafayette



Catching Your Breath in Grief: ... and grace will lead you home

by Thomas Attig

Photography by William L. Rathje

Who Dies?

An Investigation of Conscious Living and Conscious Dying

by Stephen and Ondrea Levine

(Refer to chapters 7 and 8, Unfinished Business & Grief)

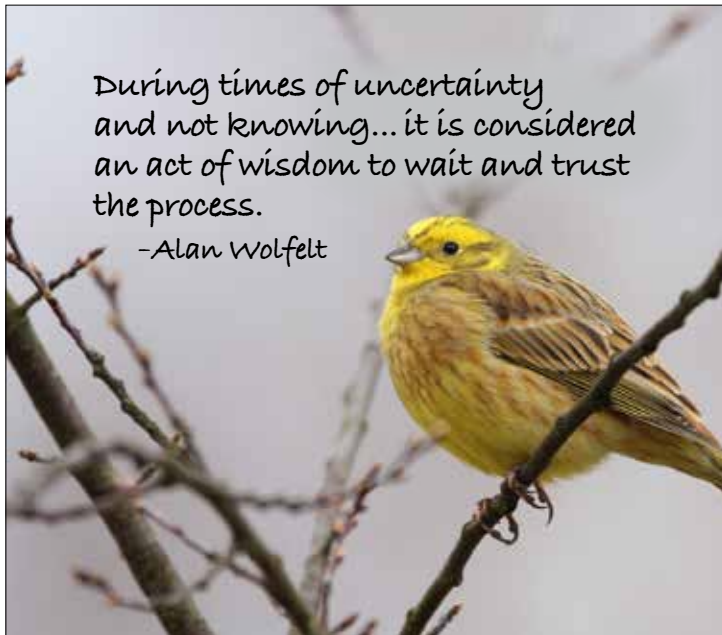
Image courtesy of jscreationz at FreeDigitalPhotos.net

*When you
breathe into it,
sorrow loses
it's grip*

- Thomas Attig

During times of uncertainty and not knowing... it is considered an act of wisdom to wait and trust the process.

-Alan Wolfelt



Finding a Sense of Peace

Too often, “unfinished business” can prolong or delay the grief and mourning process.

Dr. Elisabeth Kubler-Ross described “unfinished business” as something incomplete in our lives that deprives us of a sense of peace. It is almost always about relationships and includes things said or unsaid, done or not done. It is often reflected in statements preceded by the words “if only.”

Unfinished business can continue long after a death and make healthy reconciliation of grief seem impossible. Perhaps the concept of “letting go” so often used in grief work also relates to letting go of the unfinished business that weighs heavily on our hearts.

In many cases, we can take care of unfinished business – even with someone who has died. Take a walk and invite the individual you need to talk with to “join” you. Share what is in your heart. The walk itself can release energy and anxiety.

Grief needs expression in healing ways. The more we resist our grief and the painful process of completing our unfinished business, the more it will persist in our lives, keeping us from living fully, loving completely, and experiencing peace.

*Adapted from Grief and Unfinished Business
by Katherine Braza*

To help yourself heal...

Realize you won't be yourself for a while

Collect yourself and keep things simple

Tend to your body's needs for food, water, rest, and comfort

Take time out and delay major decisions

Accept or ask for help you need

Spend time with people who care about you

Be kind to yourself

Calm and soothe yourself to restore your soul and spirit

*Adapted from Catching Your Breath in Grief –
Meeting Basic Needs by Thomas Attig*

Common Myths about Children and Grief

Grief and mourning are the same experiences.

Grief is the internal response to loss. To heal, we must grieve and mourn. Mourning is grief gone public.

A child's grief and mourning is short in duration.

Mourning is a process, not an event.

There is a predictable and orderly "stage-like" progression to the experiences of grief and mourning.

Allow them to teach us where they are in the process.

Infants and toddlers are too young to mourn.

Anyone old enough to love is old enough to mourn and feel pain at a loss.

Children are not affected by the grief and mourning of the adults who surround them.

One of the most loving things bereaved adults can do is allow themselves to mourn and be a model for children's mourning.

The trauma of childhood bereavement always leads to a maladjusted adult life.

Since 1930s, researchers have tried to link grief with later mental illness but have not done so. A person may be at risk for emotional problems but not "destined" to difficulty.

Children are better off if they don't attend funerals.

Children should be encouraged to attend, but never forced.

Children who express tears are being "weak" and harming themselves in the long run.

Crying is nature's way of releasing internal tension in the body and allows the child to communicate a need to be comforted.

The goal of helping bereaved children is to "get them over" grief and mourning.

Children do not "get over" grief, but instead they become reconciled to it.

Adapted from Healing the Bereaved Child by Alan Wolfelt Ph.D.

Fall Healing Circles

Healing with Horses Group

September - October
8-week group

Kids and Parents Grief Group

October - November
Ages 5 -12

Coping with the Holidays

December 5 and 12

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

Raegan Gyorffy
Grief & Volunteer Services Manger

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 and [facebook.com/TRUCommunityCare](https://www.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.