

**W**elcome! We are thinking of you during your journey through grief.

While we will still reach out to our families by phone, and with periodic mailings, during the 13 months after the death of a loved one, our quarterly Grief Support Newsletters will be available to you, your friends and loved ones whenever you need them, under Grief Services at [www.TruCare.org](http://www.TruCare.org). To receive Newsletters by mail or email instead, please call 303.604.5300. We welcome your feedback.

Always know we are here to talk as well. Please call us anytime for support.

## Needs

During this difficult time in your life, it may be helpful to realize some of the things you need most:

- Respect and dignity
- Information
- To consider options and make choices
- Safety, but not necessarily "protection"
- To do all that you are capable or desiring of doing
- To communicate about your loss
- To have people physically present offering continuing support
- Understanding of the normalcy of the grief process
- Distraction and an occasional chance to "get away"
- To focus on the experience of the loss and what it means to your life
- To experience events unrelated to the loss
- To be around friends or people who know you and will accept whatever you are feeling
- People available to you who affirm their faith in you
- Contact with people with a similar experience who can give you hope
- To remember your personal strengths in previous difficult times
- Love and affection

**W**e are not guaranteed time, or a future.  
*All that seems to be held in the promise of this life is that love will always be available to us, and that in the darkest most painful of times we will be sustained.* - Marcia Lattanzi-Licht



*Grief doesn't change you...  
 It reveals you.  
 - John Green*

## Coping with Family and Friends

**Friends and family may feel inadequate, and they may not know how to support you in your grief. How can you help them help you?**

Let them know that it is OK for you to talk about your loved one. Memories are precious and need to be shared.

If someone offers to help, give them specific tasks for which you have no energy (i.e., errands, bringing in dinner, answering phones, etc.). A friend or neighbor can coordinate these tasks.

If you have children, ask their friends or special adults in their lives to help you support them.

Let them know that you need someone to continue to listen to you, even though you may be retelling or repeating your story.

Tell them you will need more calls after several months, when the reality sets in and the loneliness begins.

Try not to be embarrassed to cry, get angry, express your emotions or share your reactions with family and friends.

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.

## Positive Responses

As painful as your loss is, there are some things that will lead you in the direction of being able to appreciate again what life has to offer you.

### FOCUS

on the people who love you and need your love.

### TRY

not to please everyone.

### NOTICE

the good and peaceful moments that you have.

### BRING

a little comfort or joy to someone else's life.

### REMEMBER

your loved one in your own special ways.

### SET

a goal that is new and interests you.

### LIVE

each day with the awareness of all that your loved one and others have given to you to enrich your life.

### Grief Group Locations

**Boulder Office:** 5565 Arapahoe Drive, Boulder

**Atonement Lutheran Church:** 685 Inca Parkway, Boulder

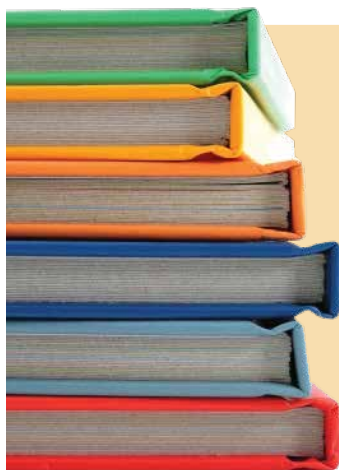
**Lafayette Office:** 2594 Trailridge Drive East, Lafayette

**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



For children, and for the child's heart in grownups too...

#### The Tenth Good Thing About Barney

by Judith Viorst

#### Tear Soup

A Recipe For Healing After Loss  
by Pat Schwiebert and Chuck DeKlyen

#### Fire In My Heart, Ice In My Veins

A journal for teenagers experiencing a loss  
A Centering Corporation Resource  
by Enid Samuel-Traisman, M.S.W.

**Y**ou deserve to be happy again. Being happy doesn't mean you forget.

- Pat Schwiebert and Chuck DeKlyen

## Redefining Roles & Relationships

When someone loves you, they are a mirror for you, reflecting to you who you are. When that person dies, the mirror is broken and your self-image is shattered. One task of grieving is to create a new self-image. You will always be influenced by the effect of the relationship that you had with your loved one.

### Who am I?

Your roles change when someone you love dies. You have lost a sense of who you are in the world. Others who care about you can help you gain confidence in yourself again.

---

**E**ven more amazing  
than the wonders of nature  
are the powers of the spirit.  
- Helen Keller

---

### Redefining

Changing your roles and your relationships is a slow and painful process. You may choose to keep some of your patterns and discard others, if they are no longer useful and appropriate to your different way of being in the world. Eventually, you can realize new strengths and resources within yourself and in other relationships.

### Trust and Patience

Both of these are essential as you attempt to define your new course in life. Trust that you know what is good for you – remember:

- Try to be patient and gentle with yourself.
- There is not one way or right way to grieve.
- Don't judge yourself or compare your grief to others.
- You cannot bring your loved one back, but your life can become more meaningful because that person loved you.
- Try to accept and receive the caring and support available to you.

## Reinvesting in Life

Because you have loved the person who died, you will, step by step, want to reinvest in life again. Reinvesting in life can be a sharing experience, as well as a very individual process.

### Some ways of reinvesting in life:

Look for new ways of being in the world.

Physical exercise increases your energy and helps you to recover from depression.

Write about your feelings and experiences. This will help to externalize your feelings. Keeping a journal can be helpful.

Educate yourself about the grief process – the more you know, the more you will be able to help yourself.

Find support groups for people with similar losses, such as bereaved persons, widow groups, bereaved parents, etc. Sharing experiences helps you feel less alone.

Reach out to help others – often, in helping others we also help ourselves.

Establish new relationships.

*With the death of your loved one, your life has been irrevocably changed. The need to love and be loved continues. You can find ways of beginning to welcome life again.*



Grief Support for Children and Teens

## A Facebook Forum for Teens...

For all of you teens who are active in social media and busy with work, school, activities, family and friends, Healing Circles is offering a Facebook forum to talk about and remember your special person who has died. Grief affects each one of us differently. This forum is for you to get support, and to talk to other teens about any topic around grief. Topics might include "You are not alone" or "How are your friends, family and community treating you, after the death of your special person?"

To join, please email Michon at [michondavies@trucare.org](mailto:michondavies@trucare.org).

### Visit [facebook.com/TRUCommunityCare](https://facebook.com/TRUCommunityCare)

On TRU's Facebook page, you, your family and friends will find information, stories, Moments of Gratitude and videos, like Coping with Grief. This WellCast animated video, posted October 17, 2014, talks simply and directly about grief as "...a process, not a task." The process includes understanding the signs of grief, taking care of your physical health, and asking for help or someone to listen.

Although admitting that "Grief is less like a staircase, and more like a rollercoaster", the video's overall message is helpful and hopeful.

### Spring Healing Circles

#### Kids Grief Group

Ages 6 -12  
February 16 - March 30

#### Boulder Teen - The LOOP

First Monday of every month  
at Panera Bread  
Starting in February

#### Healing with Horses

Ages 5 -18  
March 31 - May 12

#### Day of the Dead School Groups

For kids and teens  
Workshops for altar boxes  
and mask making  
February, March, April, May

#### Facebook Teen Grief Forum

Online group  
Ongoing

#### Teen Glassblowing

Workshops on Sundays  
in the spring

#### Mother's Day Luminary Night

Event for kids, teens and adults  
May 10

*Healing Circles offers groups for grieving children.*

*For more information call Michon Davies at 303.604.5330 or email [michondavies@trucare.org](mailto:michondavies@trucare.org)*

Counseling is available for TRU Community Care kids and teens. Consultations, information and presentations are also available, for community families, schools and professionals. Groups are available to both TRU families and community members free of charge. Call 303-604-5330 to register.

#### Grief Services Staff

**Tommi McHugh**  
*Clinical Coordinator  
of Grief Services*

**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*

**Julie Thomas**  
*Grief Group Coordinator*

#### Contact Us

303.604.5300

Visit us at  
[TruCare.org](http://TruCare.org)  
and [facebook.com/TRUCommunityCare](https://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.*