



**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.

## Helping Others to Help You

**If you have friends or relatives who appear to be awkward with you, realize they may also be challenged by your grief.**

**If you can, ask them to help you in the following ways:**

**Call often.** Tell them that you need their calls more after the first couple of months. Tell them not to expect you to call them, since your energy level may be too low for you to make the effort even though you may need to talk.

**Offer a specific date to do something with you.** Ask them to try to think of your "down" times... evenings and weekends particularly.

**Feel free to talk with you about your loved one.** Don't avoid his or her name. It helps you to deal with reality if you can share memories of your loved one with friends or relatives.

**Avoid pitying you.** Ask them to care about you, but not to pity you. Ask them to see you as whole and not view you as incomplete.

**Treat you as a human being,** as a real person. "I may be vulnerable, but I am not delicate, nor am I broken."

**Express their caring.** If they feel like crying when talking to you, it's okay. Let them know that crying together is better than avoiding the pain.

**Say nothing rather than offer unhelpful clichés.** A hug or a squeeze of your hand means more than words.

**Bring food or invite you to dinner.** As one woman said, "I have to eat, but it's so hard to cook."

**Go for walks with you.** Walking allows you to "walk off" and "move through" painful or depressed feelings. Experiencing pain and suffering can often feel awkward. That, too, is normal. In sharing moments of pain with relatives and friends, you will eventually transition to sharing moments of joy with them as you emerge from your grief.

**Realize that although you may seem to be "doing so well", you have a lot of grief to work through.**

*Adapted from Survival Handbook for Widows by Ruth Loewensohn, 1982*



*Encouraging words  
are good medicine  
for the soul.*

*- Lailah Gifty Akita*

## Ways of Being that Communicate Caring

### Sensitivity

awareness and anticipation of the grieving person's needs

### Warmth

a sense of gentleness, kindness and concern

### Acceptance

understanding, without judgment

### Patience

with the grieving process

### Courage

to be present and witness the suffering of another

### Understanding

knowing, in a personal way, the ability of human beings to cope with loss

### Compassion

beyond understanding, the gift that grows out of struggles and losses

### Trust

that people will do what they need to do to heal themselves and welcome life again

*Image courtesy of aopsan/FreeDigitalPhotos.net*

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.

## Identifying Grief Support

What types of support are available to you, and which will you choose? While your answers may change during various stages of the grieving process, it may be helpful to consider what support means to you...

- Someone to talk with
- Someone to simply listen
- Someone to run errands for you
- Someone to make meals for you
- Reading
- Massage
- Therapy/Counseling
- Grief Support Groups
- Social or Religious activities
- Hiking Clubs or other forms of exercise
- "Relief" activities, having nothing specifically to do with grief

### Grief Group Locations

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

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

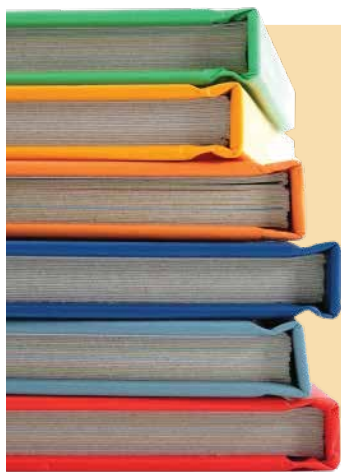
**Lafayette Office:** 2594 Trailridge Drive East, Lafayette

**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



#### If I Could Mend Your Heart

by Mary I. Farr

#### Don't Ask for the Dead Man's Golf Clubs

What to Do and Say (and What Not to)  
When a Friend Loses a Loved One  
by Lynn Kelly

**H**ealing happens only where fear and love, joy and sorrow, tears and smiles, can forge a lasting peace.  
- Mary I. Farr

## Birdwings

by Rumi



*Your grief for what you've lost lifts a mirror  
up to where you're bravely working.  
Expecting the worst, you look, and instead,  
here's the joyful face you've been wanting to see.  
Your hand opens and closes and opens and closes.  
If it were always a fist or always stretched open,  
you would be paralyzed.  
Your deepest presence is in every small  
contracting and expanding,  
The two as beautifully balanced and coordinated  
as birdwings.*

## Being Gentle with Ourselves During Times of Grief

The process of adapting to change and loss takes energy. Grief is draining, sometimes exhausting. Some people need to “cocoon for transformation,” while going through grief.

We may feel more tired than usual. Our ability to function well in other areas of our life may be reduced, temporarily. We may want to hide out in the safety of our bedroom.

Grief is heavy. It can wear us down.

It's okay to be gentle with ourselves when we're going through change and grief. Yes, we want to maintain the disciplines of recovery. But we can be compassionate with ourselves. We do not have to expect more from ourselves than we would normally and reasonably expect.

We may need more rest, more sleep, more comfort. We may be more needy and have less to give. It is okay to accept ourselves and our changed needs, during times of grief, stress and change.

It is okay to allow ourselves to cocoon during times of transformation. We can surrender to the process, and trust that a new, exciting energy is being created within us.

*Before long, we will take wings and fly.*

## Moving into Change

As grieving persons work through their grief, they may notice changes in themselves. Eventually, they will be ready to move forward and make a new life honoring the deceased. This may be a challenging time, as they may feel guilty or afraid to go on in life without their loved one.

To bring more ease and comfort to this transition, others can:

Assist them as they prepare to find new ways to approach their life.

Let the person know that this change is okay.

Reassure them that they are not abandoning or forgetting about their loved one.

Help them in disposing of some of their loved one's possessions.

Remind them that their memories are always with them.

Be there to listen to concerns about their changing roles.

Invite them to go places with you.

Encourage them to reach out and be involved with other people during this change.

## KIDS' CORNER

Grief Support for Children and Teens

### Summer Slowdown...

Sometimes it can be helpful to slow the schedule down and take a pause during the summer months to connect with sunshine and nature, with friends and family, and with the family's grief. When a special person dies everyone grieves differently, and everyone in a family is affected by each other's process. Summer is often the time of family vacations, visitors from out of town, and making the time to play. All of us, both old and young, need time to have fun, laugh, take a break, and enjoy each other. This is sometimes difficult to do when everyone in a family is grieving at different times. Having time to connect is soothing, provides comfort, and gives kids and teens a chance to process their feelings.



Father's Day Butterfly Release 2014

### Summer Healing Circles

#### Boulder Hiking Groups

Kids, teens and parents  
May 4 - June 8 and  
August 3 - 31

#### Healing with Horses Groups

June 2 - 30 and  
July 12 - August 11

#### Mother's Day Luminary Night

Event for kids, teens and adults  
May 10

#### Father's Day at the Butterfly Pavilion

Event for kids, teens and adults  
Make butterfly gardens and love notes  
Butterfly Release  
June 21

#### Nature Adventure Day – Eldorado Canyon

Ages 6-12  
Some rock climbing required  
August 8

#### Sunday Teen Glassblowing Workshops

Longmont / TBA

#### Boulder Teen - The LOOP

First Monday of every month  
at Panera Bread

#### Facebook Teen Grief Forum

Online group  
Ongoing

*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://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.*