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.

Family Dynamics

Resolving Misunderstandings

After a death, many people feel isolated. If the death happened within a family, the whole family system is thrown off, and a seismic shift in the way things “have always been” may occur.

There is fertile ground for misunderstandings as family members deal with changing roles and dynamics, different grieving styles and complicated emotions.

While some are fortunate to find that their family is supportive and caring, it is very common for others to turn to family members and find themselves terribly disappointed and confused.

Quite often, family members will respond differently to the same loss, making it difficult to connect with and support each other.

Birth order, stage of life and secondary stressors such as work, school and childcare also have an impact on their behavior and how they make sense of their experiences.

Because family members may be in different places in their grief at different times, communication and patience are key to resolving misunderstandings.

Adapted from Family Misunderstanding After a Death https://whatsyourgrief.com/family-misunderstanding/

Working Together As A Family After Loss

Whether a family member needs closeness or space to be alone and quiet, it will be given.

Sorrow doesn’t need to be hidden. When tears come, let them flow.

On holidays and anniversaries, the family will talk about their loved one who died and plan something meaningful.

Some in the family will adjust sooner than others. There is no set timetable.

Family members may turn to others outside the family for help.

No individual in the family will be expected to be the “strong” one. Trying to be strong often postpones grief and adjustment.

No family member is too young or too old to grieve.

The experience of loss may be less difficult if family members offer compassion to themselves and each other.
2017 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 bring a story, poem or reading to share during a designated time in the service. You may come and just sit quietly.

For additional information, please call TRU Grief Services at 303.604.5213 or email griefsupport@trucare.org.

Lafayette Service
Saturday, December 2
5:00 p.m.
Grief Services
Conference Room
2593 Park Lane
Lafayette, CO 80026
(West Entrance)

Grief Groups Location
Grief Services: 2593 Park Lane, Lafayette

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 5 - 12), teens (ages 13 - 18) and families. Groups are held year-round.

OPTION B
Facing Adversity, Building Resilience, and Finding Joy
by Sheryl Sandberg & Adam Grant
https://optionb.org/category/grief-and-loss/resources

The Wilderness of Grief - Finding Your Way
by Alan D. Wolfelt, Ph.D.

We find our humanity – our will to live and our ability to love – in our connections to one another.

- Sheryl Sandberg

Image courtesy of jscreationzs at FreeDigitalPhotos.net
When a death occurs, a family is thrown into disorder. Normal life is disrupted. Routines disappear. Families struggle to regain some sense of stability while shifting roles and responsibilities among the remaining members. Often, they are the ones least able to reach out and support one another because everyone is grieving. It can be a truly difficult time.

Family members might also have had different relationships with the deceased, and some may have unresolved issues that remain – family history or legacies that continue to impact how a family gets along.

Grief can resonate among individual family members, so that one member’s grief sets off or intensifies another’s. There also can be different grieving styles, some more open and others private. While they are one family, each will grieve in a unique way and at a unique pace.

Although this may be difficult, family members can try to engage in the simple act of listening to one another. They also may find that sharing rituals can facilitate the healing process and draw them closer. When they reach out to those they love to give and receive help, they may be better able to deal with their loss.

Healing a Family’s Grief

Adapted from “Traumatic Loss and the Family” by Kathleen Gilbert
Family Focus on Death and Dying,
issue FF-12 of the National Council of Family Relations

Adapted from Healing from Family Rifts
by Mark Sichel

To preserve family connections after a loss…

Consider what you can do to help relationships thrive

Never tear down a family member

Accentuate the positive; build on interests and strengths

Be patient as you interact and communicate

Handle conflicts with understanding and compassion; don’t avoid them

Rely on the healing aspects of time

Remember what is truly important and what a gift you may be to one another

The family who grieves together heals together — Unknown

Healer's Guide - Textbook for Health Healers

Healer's Guide - Textbook for Health Healers
Supporting a Grieving Child During the Holidays

The holiday season often can be a difficult time for children who have experienced a loss in their lives. During the holidays, families may support a grieving child in the following ways.

Sharing is important.
Encourage children to share what they are feeling. Let them know that you offer a safe place for them to talk about what they are thinking in their own voice. If your child does not want to talk, encourage writing in a private journal.

Acknowledge the grief.
We know that children grieve differently than adults, and it’s important to let them know it’s okay to feel sad at times, especially as they see celebrations unfolding around them. Children are very intuitive, so be authentic in your conversations.

Encourage creativity.
Children are innately creative, and tapping into this creativity is a great form of self-expression. Encourage creating decorations that include pictures of their loved one. Help them bake their favorite cake or side dish to be included in a holiday meal. Create a memory jar and write down favorite family memories to read together on New Year’s Eve.

Honor your family’s traditions and create new rituals.
Rituals are important to children. Children thrive with structure. Talk to your child about what traditions they consider important for the holiday season, and look at ways to incorporate new traditions into your family’s celebrations.

Go easy on yourself.
Take care of yourself first, and then you can take care of others. Slow down this holiday season, and your child will follow your lead. Take inventory of what’s important and what’s not, and plan accordingly.

Adapted from Tips to Cope with Grief and Loss During the Holidays by Pete Shrock www.hellogrief.org/tips-to-cope-with-grief-and-loss-during-the-holidays/

Winter Healing Circles

Kids' Group  
Mondays 5:30 pm - 7:00 pm  
October 30 - December 18  
(Registration Closed)  
Ages 5 -12 and their caregivers

Teens' Group  
2nd and 4th Thursday of the month  
September - May  
Ages 13 - 18

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 to register, please call Kate Dalla Betta at 303.604.5330. Pre-registration is required for all events.

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.