



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.

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

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 also may bring a story, poem or reading to share during a designated time in the service. You also 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



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 jscreationsz at FreeDigitalPhotos.net



The family who grieves together
heals together - unknown

Healing a Family's Grief

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.

*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*

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

*Adapted from Healing from Family Rifts
by Mark Sichel*

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 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

303.604.5330
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.