



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 Support/Grief Services.

Please call us anytime for support at 303.604.5300.

Layers of Loss and Change

Challenges in Grief

There are many changes that occur following the death of a loved one. Often, one of the biggest challenges in grief is finding new meaning in life without the person you have shared loving memories with.

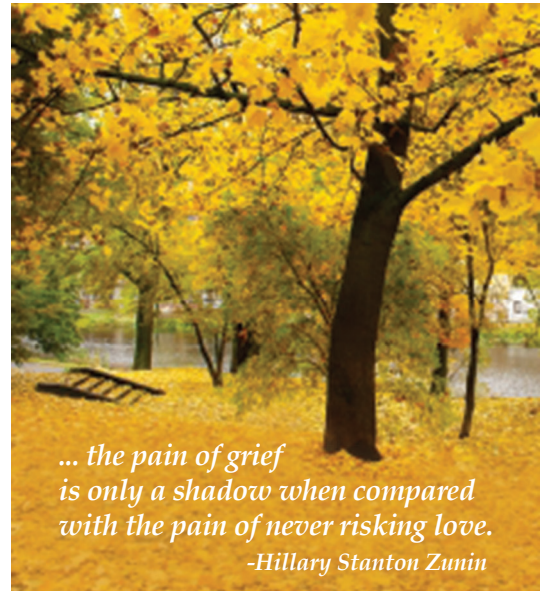
Loss of a parent
represents loss of someone significant to your past.

Loss of a spouse
represents loss of someone significant to your present state of being.

Loss of a child
represents loss of your future, your hopes and dreams.

Change is inevitable. There are many layers of loss with each respective death, making each grief journey unique. Grief is a process of adaptation and new personal discoveries.

Remember to have patience, tolerance, and compassion for yourself.



... the pain of grief is only a shadow when compared with the pain of never risking love.
-Hillary Stanton Zumin

The Self After Loss

From the ever-popular biography of dying, *Tuesdays with Morrie*, here is the insight of Morrie Schwartz in the days before his death:

"As long as we can love each other, and remember the feeling of love we had, we can die without ever really going away. All the love you created is still there. All the memories are still there. You live on – in the hearts of everyone you have touched and nurtured while you were here. . . Death ends a life, not a relationship."

We do not stop loving because the loved one died. We change our minds to make way for a rearranged relationship.

A broken heart can inspire new life. We do not need to go backward to find peace.

Adapted from "Who Are You? The Self After Loss"
By Rea L. Ginsberg, LCSW-C, ACSW, BCD
Image courtesy of radnatt at FreeDigitalPhotos.net

Our grief groups, which meet at 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.

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

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

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.

Secondary Losses

Whenever we experience the death of someone who is a part of our life, we face a host of other losses as well. Grief counselors call these "secondary losses."

It isn't uncommon that relationships with friends, even family, may change. Activities may not provide the same pleasure as before. We may even find our beliefs challenged, or may lose our independence.

The first step in dealing with these "secondary losses" is to recognize and acknowledge them. Then we can find ways to deal with them.

"You can't go back. The way ahead is different, at times tough, certainly not what you expected. But you make it through, and may even find some surprises on your journey."

Adapted from "So Many Losses" by Kenneth J. Doka

Grief Group Locations

Grief Services: 2593 Park Lane, Lafayette

East Boulder Senior Center: 5660 Sioux Drive, Boulder

First Lutheran Church: 803 3rd Avenue, Longmont

Medicine Horse: 8778 Arapahoe Road, Boulder



Necessary Losses

by Judith Viorst

Living with Grief After Sudden Loss

Hospice Foundation of America

Edited by Kenneth J. Doka, Ph.D.

A Child's View of Grief

A Guide for Parents, Teachers, and Counselors

by Alan D. Wolfelt, Ph.D.

For we cannot deeply love anything without becoming vulnerable to loss.

- Judith Viorst

Image courtesy of jscreationz at FreeDigitalPhotos.net

*Grief is like the ocean;
it comes on waves
ebbing and flowing.
Sometimes the water
is calm and sometimes
it is overwhelming.
All we can do is learn
to swim.*

- Vicki Harrison



Common Changes After a Loss

Relationships. Some friends or family members may distance themselves because they don't know what to say or how to act around you. Others may surprise you with their level of support. You may lose some connections and develop new ones.

Routines. When a person you care about dies, the familiar routine abruptly ends, and it is normal for you to feel lost.

Responsibilities. You may suddenly find yourself stressed by unaccustomed tasks. Or, if you were a caregiver, you may find yourself with too much free time, releasing many previously held back emotions.

Employment and Finances. The death of a family member can bring changes to your family's finances and benefits. You may need to work more hours, go back to work, or go to work for the first time.

Faith and Spirituality. After the death of someone you love, you may question your faith or religious beliefs, or you may find that your faith becomes stronger and a source of comfort.

Priorities and Goals. Your priorities may now shift for practical reasons, or to focus on what matters most to you. Your goals and hopes for the future may also change.

Activities and Interests. You may no longer be interested in some activities you previously enjoyed. You may also develop new interests, such as volunteering in honor of your loved one.

Adapted from cancer.net • Coping With Change After a Loss
Image courtesy of 9comeback at FreeDigitalPhotos.net

Coping with Changes

Take time making major decisions.

Adjust to new responsibilities and settle into a new routine.

Ask for and accept help.

Talk with a legal or financial expert, as needed.

Get advice before returning to work after a long absence, or going to work for the first time.

Keep a journal or diary.

Consider joining a support group.

Remember the positive.

Adapted from cancer.net
Coping With Change After a Loss

Talking about Change with Kids & Teens



After someone special dies, there are many changes. Talking about change is an important part of all of our groups for kids and teens here at TRU.

Breaking down the topic of change into manageable ideas and suggestions for them can help:

How lucky I am to have something that makes saying goodbye so hard.

- Winnie the Pooh

Change is part of our daily routine. The sun comes up and the sun goes down. There is stability to that change, which feels good.

When there are changes where you don't know what will happen, it is harder to let go of what you know, such as a move or a change in grade level.

Change will always happen, sometimes all at once or a little at a time. It might feel painful or like you are lost, but it will pass.

Remember to use what you know that helps you. Take a break to breathe, enjoy a favorite smell, slow down, feel your feet, look around and play.

Because kids often process change through play, be sure to let them know this is okay.

Summer Healing Circles

Healing with Horses

Ages 5 -18
Medicine Horse
September

Day of the Dead Art Grief Group

September - October

Kids and Parents Group

Ages 6 -12
October - December

Teen Group

September - December

We invite you to visit our TRU Healing Circles FaceBook page for additional information and resources. Follow the web link at: <https://www.facebook.com/truhealingcircles/>

Counseling is available for TRU Community Care kids and teens. Consultations, information and presentations for community families, schools and professionals are also 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 Michon Davies at 303.604.5330. Pre-registration is required for all events.

Grief Services Staff

Karlene Campbell
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Shelli Worrall
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Thad Frye
Adult Grief Counselor

Georgia Robertson
Adult Grief Counselor

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Adult Grief Counselor

Michon Davies
Children's Grief Counselor

Contact Us

303.604.5300

Visit us at
TruCare.org
and 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.