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 Zunin

**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 radnott at FreeDigitalPhotos.net
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 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
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:

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

Kids and Parents Group
Ages 6 - 12
October - December

Day of the Dead
Art Grief Group
September - October

Teen Group
September - December

How lucky I am to have something that makes saying goodbye so hard.
- Winnie the Pooh

Grief Services Staff

Karlene Campbell
Grief & Volunteer Services Manager

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

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.