



**W**e 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](http://trucare.org) under Our Services/Grief Support.

Please call us anytime for support at 303.604.5300.

## Maintaining Family Unity

### Consider a Different Perspective

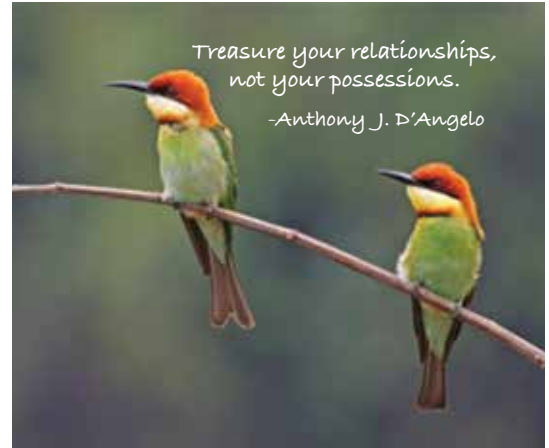
The death of a loved one can have a major impact on family unity, as each individual family member must reconcile the end of their physical relationship and their ongoing grief over the loss. Unfortunately, this often means that, at a time when the family could benefit from being closer than ever, misunderstandings and differences set them apart.

They may be surprised to find themselves at odds over their loved one's material possessions even if, as a family, they typically don't express their love through gifts, objects or money. They may all of a sudden find that they are arguing over "stuff" which they hadn't cared about or wanted until after their loved one died.

Quite often, people's actions are labeled as selfish when, in reality, the motives behind them are far more complex than assumed. It can be difficult to see another person's grief from any perspective but our own. There's research to suggest that two common grief responses, anxiety and uncertainty, can increase a person's tendency to assume others see things exactly as they do.

For this reason, it will be important to consider the influences beyond apparent selfishness and greed which might explain a family member's feelings and behavior related to a loved one's material possessions.

*Adapted from Grief or Greed? When Families Fight Over Material Possessions*  
<https://whatsyourgrief.com/grief-greed-families-fight-material-possessions/>



### Potential Influences on Feelings and Behavior...

One family member might feel ready to go through a loved one's belongings, while another can't stand the thought of it. Neither is right or wrong. They may just be grieving at different paces.

In the days, weeks and months following a loss, a sense of longing for security and the comfort of a loved one's physical presence may lead a family member to hold on tightly to physical reminders. Otherwise, they may fear that their memories will fade.

In many instances, people don't discuss their end-of-life wishes and estate plans. This can cause a problem if family members interpret their loved one's decisions as a statement of love or value and find them to be surprising or unfair.

Overall, family members typically want to do right by their deceased loved one and honor their wishes to the best of their ability.

*Image courtesy of assoonas at FreeDigitalPhotos.net*

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](http://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.

## Keeping the Peace and Avoiding Conflicts

Those who counsel individuals and families about conflicts arising during estate settlements generally agree that most could be resolved by communicating with, and listening to, one another. However, this may be easier said than done.

Usually, there is no intent to harm relationships, yet a seemingly innocent request from an heir's spouse or child may eventually lead to conflict. For this reason, it may be helpful if only immediate heirs are involved in the settlement process.

Conflicts may also occur if someone removes items from the home or estate without overall consent and approval. Although this removal is typically done for what is thought to be a good reason, it is best to wait until the official division occurs, or to first make sure the other heirs are aware and agree.

Personality differences may also be a significant source of conflict. Understanding the basic personality traits of each person involved, and interacting accordingly, may help to keep the peace and avoid conflicts.

*Adapted from How to Settle an Estate Peacefully – Legacy Connect by Angie Epting Morris <http://connect.legacy.com>*

### Grief Groups Location

**Grief Services:** 2593 Park Lane, Lafayette



### Healing Your Grieving Body 100 Physical Practices for Mourners

by Alan Wolfelt, Ph.D and Kirby J. Duvall, M.D.

### Because the Sky is Everywhere

by Nancy Sharp and David Dodson

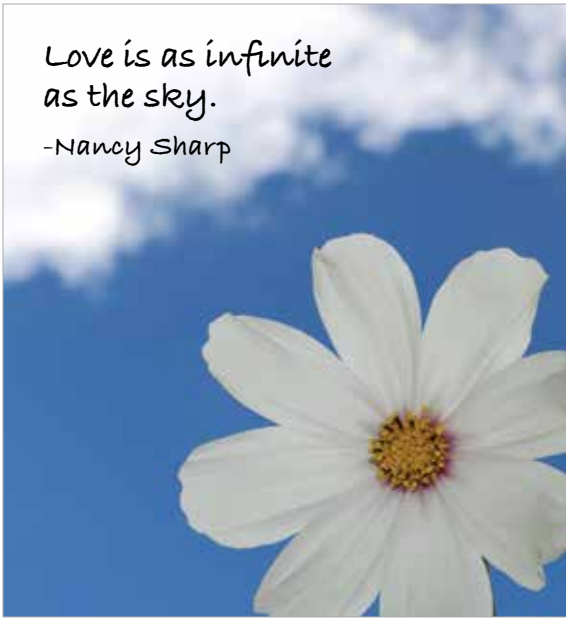
*Believe in your  
capacity to heal.*

*- Alan Wolfelt*

Image courtesy of [jscreationz](http://jscreationz) at [FreeDigitalPhotos.net](http://FreeDigitalPhotos.net)

Love is as infinite  
as the sky.

-Nancy Sharp



## To Be Gentle and Forgiving...

As hard as it is for many to admit, countless families who never imagined there would be conflict over material things are suddenly overwhelmed by disagreements and power struggles after a death.

Though these conflicts can take many forms, some of the common material conflicts involve when to begin sorting through belongings, what to keep and what to give away, and disposition of the house and other material and financial assets.

There are many reasons death can bring out “the worst” in us. But one important thing to know is that when we are under the stress and crisis of a death, our brains actually work differently.

There are parts of the brain that think rationally and parts that work more from impulse and emotion. When in a heightened state due to a death, we typically default to the emotional parts of the brain. With multiple people all acting from a place of emotion, it is no surprise that conflicts can arise.

During these difficult times, try to remember to be gentle and forgiving with yourself and with others too.

*Adapted from When Death Brings Out the Worst:  
family fighting after a death*

<https://whatsyourgrief.com/family-fighting-after-a-death/>

## A few suggestions to cope...

Recognize a family member's need for control

Guide their energy into things that would be useful

Make a plan for regular updates and communication

Avoid accusatory statements

Try to openly listen to what others need from you

Cut others, and yourself, some slack

Keep in mind that professional mediators can help, if needed

## Healing Rights for Grieving Children

Someone you love has died and you are probably having many scary thoughts and feelings. Together these thoughts and feelings are called *grief*, which is a normal, though really difficult, thing. The following rights will help you understand your grief and eventually feel better about life again.

### I Have the Right to...

**have my own unique feelings** about the death. I may feel mad, sad, lonely, numb, scared or relieved. Sometimes, I may not feel anything at all.

**talk about my grief** whenever I feel like talking. When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk, that's okay too.

**show my feelings** of grief in my own way. I can play or laugh, to feel better for a while. I might also get mad. This does not mean I'm bad.

**need other people** to help me with my grief, especially grown-ups who care about me. Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.

**get upset** about normal, everyday problems. I might feel grumpy and have trouble getting along with others.

**have "grief-bursts."** Grief-bursts are sudden, unexpected feelings of sadness. They can be very strong and scary, and I might feel afraid to be alone.

**use my beliefs** to help me deal with my feelings of grief. Praying might make me feel better and somehow closer to the person who died.

**try to figure out why** the person I love died. But it's okay if I don't find an answer. *Why* questions about life and death are the hardest questions in the world.

**think and talk about my memories** of the person who died. Those memories may be happy or sad. Either way, they will help me keep alive my love for the person who died.

**feel my grief** and, over time, to heal. I'll go on to live my life and the person who died will always be a part of me.

*Adapted from My Grief Rights: Ten Healing Rights for Grieving Children by Alan D. Wolfelt, Ph.D.  
<https://centerforloss.com>*

### Healing Circles

**Kid and Parent  
Grief Support Group**  
Ages 6 -12

**Healing With Horses**  
Ages 6-18  
Cost \$100 per child  
(scholarships available)

**Teen Grief  
Support Group**  
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 303.604.5330. Pre-registration is required for all events.

### Grief Services Staff

**Raegan Gyorffy**  
Grief & Volunteer  
Services Manager

**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

303.604.5300  
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.*