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.

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.

**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.

**Grief Services Location**

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**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 at FreeDigitalPhotos.net
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

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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.

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.

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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
and facebook.com/TRUCommunityCare

What TRUly Matters