

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/grief. Please call us anytime for support at 303.604.5300.

Understanding Our Grieving Process

Grief's Many Forms and Expressions

For those who are grieving, their “type” of grief may appear to matter less than the experience itself, but being aware of complicated and disenfranchised grief may ultimately be beneficial.

Complicated grief, which includes chronic, delayed and distorted grief, refers to reactions and feelings of loss that are debilitating, long lasting, and may impair our ability to engage in daily activities.

In **chronic grief**, extreme distress is continually experienced by the griever, with no progress towards feeling better or improving functioning.

Delayed grief is characterized by the conscious or unconscious avoidance of the reality and pain. Grief symptoms or reactions are not felt until long after a loss or much later than is typical.

When grief is **distorted**, extreme or intense reactions may include changes in behavior. Anger and hostility towards oneself and others are common.

Our grief is **disenfranchised** when the culture, society or our support group implies that the loss and associated grief are invalidated and insignificant. This can occur for many reasons.

Being aware of grief’s many forms and expressions may lead to a more compassionate understanding of our own grieving process and that of others, and better enable us to seek support as needed.

*Adapted from Types of Grief: Yes, there's more than one
whatsyourgrief.com/types-of-grief/*



Support and Remembrance

Grief becomes disenfranchised when we don’t receive support or validation for our loss. As a result, we may feel isolated and think we have no right to grieve.

From society’s perspective, the relationship may not be valued - a former spouse, friend, or other “non-blood” relation.

Sometimes the cause of death, if stigmatized by society, also plays a role - suicide, accidental drug overdose, drunk driving.

In spite of these messages, we can still acknowledge that our relationship was significant and worthy of being grieved.

By expanding our circle of support and creating personal rituals of remembrance, we honor our grief and begin to heal.

*Adapted from Disen-whaaaat??
Understanding Disenfranchised Grief
whatsyourgrief.com/disenfranchised-grief/*

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 and locations. For additional information, please visit trucare.org/grief.

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. 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.

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

Support meeting with program and sharing for bereaved parents only.

Meets 3rd Wednesday
6:30 - 8:30 PM

First Year Spouse/Partner Grief Support Group

For spouses or partners whose loved one's death has occurred within the past 12 months.

Meets 2nd Tuesday
6:00 - 8:00 PM

Spouse/Partner Loss Group

For people who have experienced the death of a spouse or partner.

Meets 1st & 3rd Tuesdays
6:00 - 8:00 PM

Widowed Senior Grief Support

For men and women who have lost a spouse or partner.

Meets 4th Wednesday
10:00 AM - 12:00 PM

Boulder Hiking Group

Combines exercise and support for people who are grieving or caregiving. Seasonal

New Support Groups

Yoga After Loss

A support group for those who wish to explore grief through the practice of yoga, using breath-work, poses and meditation

Offering a body of yoga techniques, this group will provide the opportunity to consciously connect with and experience your grief in a safe and supportive setting. As your practice unfolds, you may experience the gifts of increased strength, flexibility, and awareness.

Wednesdays in Lafayette
6:00 - 7:30 PM

for six consecutive weeks
beginning April 17th.

Writing Through Grief

A support group for writing about the experience of loss in a safe, non-judgmental setting

Expressing grief through the written word is the goal, as members journey through the loss of a loved one using this creative form. Through the use of weekly prompts, members will reflect on loss as a group and then write their own personal responses. No writing experience is required and writings will not be critiqued.

Wednesdays in Boulder
6:00 - 8:00 PM

for six consecutive weeks
beginning April 24th.

Grief Groups Location *unless otherwise noted

Grief Services: 2593 Park Lane, Lafayette, CO 80026



True Refuge: Finding Peace and Freedom in Your Own Awakened Heart
by Tara Brach

A Memorial Garden ~ A Living Tribute
recover-from-grief.com/memorial-garden

Sesame Street - When Families Grieve
by Sesame Workshop

Kit includes parents guide, a children's story book and DVD featuring Elmo's uncle Jack. Parental involvement encouraged.

Image courtesy of jscreationzs at FreeDigitalPhotos.net

If our hearts are willing, grieving becomes the gateway...

- Tara Brach





When it rains, look for rainbows
When it's dark, look for stars
- Author unknown

The Blessings of RAIN

When working with intense and difficult emotions, the mindfulness practice called RAIN directs our attention in a clear, systematic way, helping to cut through confusion and stress.

- R** Recognize what is happening
- A** Allow the experience to be just as it is
- I** Investigate with interest, kindness and care
- N** Nurture with self-compassion

Like the clear sky and clean air after a cooling rain, this practice offers a new openness and calm to our daily lives as it de-conditions the habitual ways in which we resist our moment-to-moment experiences.

Our attempt to control the life within and around us actually cuts us off from our own heart and from this living world. RAIN begins to undo these patterns.

In order to unfold, self-compassion depends on honest, direct contact with our own vulnerability. This compassion fully blossoms when we offer care to ourselves.

RAIN is a practice for life – a way of transforming doubts and fears with a healing presence.

*Articles adapted from True Refuge:
Finding Peace and Freedom in Your Own Awakened Heart
& The RAIN of Self- Compassion by Tara Brach
tarabrach.com/selfcompassion1/*

A Softening of the Heart...

Create a sense of safety to honestly connect with pain and fears

Call on your natural curiosity as you focus inward

Acknowledge the thoughts, feelings and behaviors affecting you

Ask yourself what most wants attention

Approach your perceptions in a kind, non-judgmental way

Offer care to the depths of your vulnerability

Experience a quieting of mental stories, a softening of the heart



Finding Comfort During Sad Times

Children often are disenfranchised in their grief.

Well-meaning adults try to protect them from the enormity of loss by distracting them, telling them half-truths or sometimes even lying to them about the death of someone they loved.

Children know what is going on.

Some adults, perhaps to protect themselves from having to manage the full impact of a child's grief, fool themselves into believing that children are "too young" to know what is going on. As noted psychologist, Alan Wolfelt has said, "Anyone old enough to love is old enough to grieve."

Children need avenues for safe expression of feelings.

These feelings may include fear, sadness, guilt, and anger. Provide a child-friendly environment where children may choose the avenue best suited to their own style of self-expression – drawing, writing, puppetry, music, or physical activity. Keep in mind that a child's reaction to grief will not appear the same as an adult's.

Children grieve in their own way and in their own time.

When a child is denied the opportunity to grieve, there may be adverse consequences. Instead, they would benefit from a simple, direct, child-centered, age-appropriate explanation.

Children are remarkably perceptive.

It is better to give them a clear idea about what is going on than to leave them to the mercy of their own imaginations. They thrive when they are told what to expect and are allowed to participate in the commemoration of loved ones. This helps everyone find comfort during sad times.

*Adapted from Children and Grief by Karen Carney
psychcentral.com/lib/children-and-grief/
Reference A Child's View of Grief (video)
Alan Wolfelt, Center for Loss and Life Transition*

Healing Circles

**Family
Grief Support Group**
Ages 6 -18
and Parents/Caregivers

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

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 303.604.5330. Pre-registration is required for all events.

Grief Services Staff

Raegan Gyorffy
Director of Grief and
Volunteer Services

Thad Frye
Adult Grief Counselor

Charley Rosicky
Adult Grief Counselor

Richard Mercer
Adult Grief Counselor

Donna Heller
Youth and Family
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

TRU Grief Services welcomes donations at trucare.org/donate. Donations help provide group resources and materials.
TRU Community Care is a nonprofit 501(c)3 organization. We appreciate your support.