



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.

Reaching Out

A Reminder of Hope

It's not uncommon to feel isolated in grief. Does the grief push people away, or is the griever making a "choice" to remove themselves from friends, family, or even society in general? The answer is probably a little of both. So often, the solution is to isolate ourselves even more, to remove ourselves from situations we no longer feel comfortable in.

The definition of "isolated" suggests that isolation is the state of being alone involuntarily. *Involuntarily* seems to be the important part here. While going into seclusion is a more purposeful withdrawal, feeling isolated suggests that we don't want it to be that way. For this, there's an answer.

Be with people. Being self-sufficient is such a revered and often necessary quality in our culture that we don't know how to put the brakes on it, even when we should. In coping with grief and loss, this idea of reaching out to others doesn't seem any easier.

Being with people may, at times, make us feel lonelier. We may feel that there isn't really anything anyone can *do* to help or make us feel better. But, in general, it's going to mean removing ourselves from isolation long enough to see how being with people actually *feels*, how much it can help to have someone listen.

We can either surround ourselves with those more likely to understand (fellow grievers) or find the common ground we share with others. Being with people doesn't have to be painful. It can, instead, be a reminder of hope.

Adapted from griefincommon.com/blog/feeling-lonely-isolated-in-grief/



Strength for the Journey

Each person's grief journey is unique. We must allow ourselves to feel whatever emotions our grief has produced, instead of keeping them tightly bottled up inside. We can't run and hide from our feelings and work through them at the same time.

Each person's timetable is also uniquely their own. While we have to allow times of quiet and solitude to work through our grief, too much of a good thing can be harmful and counter-productive. We can't stay within our comfort zone all the time, or face the full force of our grief 24/7.

Although it's true that we need time to be alone with our thoughts and feelings, we also need breaks to pull back from the pain, refocus and spend time with others.

Doing something enjoyable, if only for a while, will restore strength, both physically and mentally, for the rest of the journey.

Adapted from stunnedbygrief.com/stunned-by-grief/quiet-and-solitude-friends-or-enemies-during-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



"Take Flight" Annual Butterfly Release and Memorial

Join us for a special gathering where community members release butterflies in remembrance of their loved ones and reconnect with TRU team members who served them.

Saturday, June 22, 2019

9:00 - 10:30 AM

**TRU Labyrinth:
2593 Park Lane in Lafayette**

Butterflies are available for purchase in memory of a loved one for \$20/each at trucare.org/events.

The event is free to attend. If you are unable to attend, butterflies can be released by staff.

The event will include a Color Guard to honor our veterans, hopeful messages from TRU employees, a time for sharing of memories, and music fitting for the butterfly release.

We offer support for anyone coping with the loss of a loved one in an environment that affirms and celebrates life.

Grief Groups Location *unless otherwise noted

Grief Services: 2593 Park Lane, Lafayette, CO 80026



Always and Forever

Written by Alan Durant
Illustrated by Debi Glioro

Bearing the Unbearable Love, Loss and the Heartbreaking Path of Grief

by Joanne Cacciatore, PhD
missfoundation.org/support/kindness

*...seek help
from those willing
to be present
with you.*

- Joanne Cacciatore





*Be as a bird perched on a frail branch...
still she sings...knowing she has wings.
- Victor Hugo*

How Precious Time Is

Because grief has a way of separating and encircling us with walls and barriers, it's important to know at least something about what to expect when it arrives.

Grief is not a sprint; it's more like a cross-country or marathon.

If we know up front that grief takes time, we can settle down and allow ourselves to feel and process our emotions.

You're not going crazy.

Grief is messy. Expect the unexpected.

People may be uncomfortable because they don't know how to respond.

By opening the door to dialogue, we can put others at ease, letting them know it's okay to talk about what happened.

What we do about grief makes a difference.

Grief is not a passive process. We must choose to get well. Healing comes from facing grief and working through it.

There is a future beyond grief.

When we realize how precious time is, our lives and relationships are enriched in myriad ways.

*Adapted from
stunnedbygrief.com/stunned-by-grief/
things-i-wish-id-known-about-grief/*

**"Emotional Walls"
protect us from grief.
They also block potentially
healing experiences.**

So what's a griever to do?

Remember,
it doesn't have to be
all or nothing

Reflect on
your avoidance of people,
places or things

Learn tools
for coping with anxiety

Be mindful
of making quick, radical
emotional changes

Acknowledge
the reality of potential
loss and hurt

Slowly begin
to open yourself up again
to love, hope and joy

*Adapted from
whatsyourgrief.com/building-emotional-walls/*



A Child's Developmental Responses to Grief

Children commonly experience certain grief behaviors and feelings at various developmental stages. In each stage, they will have specific needs to be addressed. Offer them honest, age-appropriate answers to their questions and nurture them both physically and emotionally. As needed, connect them with healthy support networks and professional help. Be patient.

Ages 2 – 4 years old: Very young children often don't understand the permanence of death. Their common responses are questioning, anxiety, crying, clinginess, irritability and a need to be held. Set flexible limits for them, with time for play.

Ages 5 – 8 years old: At these ages, children could fantasize that death is reversible or feel responsible for the death in some way. They commonly have concerns about safety and abandonment and might experience regressive behaviors and energy changes. Encourage self-expression through creative play.

Ages 8 – 12 years old: Older children have some abstract ideas of death and grief and how it affects them long term. Common responses are regret, guilt, anxiety, hyper-vigilance and concerns about safety. They may withdraw from social situations. Help them identify safe, supportive activities. Model and encourage self-care and emotional expression.

Ages 13 – 18 years old: Teens are able to understand concepts of death. They often rely on peers or others outside the family for support. Common responses include increased risk taking, hyper-vigilance and worries about safety of self and others. Thoughts of self-harm are possible. Allow them to express their feelings. Reassure them that they are safe and secure.

*Adapted from Developmental Responses to Grief
The Dougy Center: The National Center for Grieving Children and Families, dougy.org*

Healing Circles

June 27 - Beads of Hope
Ages 6 -18, \$10 per child

July 18 - Families Exploring Grief in Nature
Ages 6 -18 and Parents/Caregivers
\$10 per family

August 8 - Open Studio
Ages 6 -18, \$10 per child

June 15 - Healing With Horses
One Day Grief Camp
Ages 6 -18, \$25 per child

August - Healing With Horses
Eight week group
Ages 6 -18, \$100 per child

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. For specific times, dates, 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

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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.