



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.

Forgiveness

A New Perspective

One commonality among many who grieve is the inability to let go of guilt or anger in relation to the loss. Is there something that could take some of this pain and hurt away? The answer is forgiveness.

Although forgiveness may be uncomfortable to consider and resistance may arise, it can actually help with grief. We are often told to forgive, that it will make us feel better, but most of us don't actually believe it. Suggesting that we forgive may seem the same as saying we should accept what's happened. It's time for a new perspective.

We may spend a lot of time and energy thinking about who, or what, is at fault in relation to our loss. This may keep us up at night or distract us at work. It will likely bring out a side of us that we've never seen. It may get in the way of trusting people or feeling anything positive toward those around us.

Forgiveness is the greatest gift we can give ourselves and each other. There is simply no other action so within our grasp that has the potential to propel us forward and help us grow. Do it in small steps.

We can start by taking a very honest look at what our anger or guilt has accomplished in our lives, then decide that we want better, that our loved ones would want better for us and that, most of all, we deserve better.

Adapted from The Role of Forgiveness as a Tool for Healing
griefincommon.com/blog/the-role-of-forgiveness-as-a-tool-for-healing/#more-735



Forgiveness
does not
change the past,
but it does
enlarge
the future.
- Paul Boese

Flaws and All

In grief, we tend to put our lost loved ones and our relationships with them on a pedestal. Could this "best of" version actually make our grief more pronounced?

Real relationships are sometimes complicated, imperfect and frustrating. To love someone unconditionally means to grieve them unconditionally too.

What would it be like to spend more time with our *difficult* memories? Why would anyone choose to recall painful times?

By taking our deceased loved one off the pedestal we are not, however, knocking them down. Instead, we are honoring them for the real individual they were.

In the end, it's about unconditionally recognizing the beauty of a relationship that lasted, a love that survived - flaws and all.

*Adapted from Unconditional Love,
Unconditional Grief*
griefincommon.com/blog/unconditional-love-unconditional-grief/#more-593

Our adult 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.

Ongoing Adult 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 Group

For men and women who have lost a spouse or partner.
Meets 4th Wednesday
10:00 AM - 12:00 PM

Sudden Loss Grief Support Group

Support for those who experienced the sudden, unexpected loss of a loved one.
Meets 4th Monday
6:00 - 8:00 PM

Yoga After Loss Support Group

Exploring grief through yoga poses, breath work, and meditation. Future offering.

Boulder Hiking Group

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

Adult Structured Groups

Newly Bereaved Support Program

Support, information and networking for persons with recent death losses.
Offered monthly

Eight-Week Grief Support Group

For anyone who has experienced a loss.
Offered monthly

Writing Through Grief Support Group

Support, information and networking for persons with recent death losses.
Periodic offering based upon interest

Removing the Roadblocks

When we lose someone we love, we expect to feel sad. The reality of grief, however, is so much more complex, filled with tough emotions we might not foresee.

These emotional roadblocks – like anger, guilt and regret – are very often responsible for leaving us in grief “limbo” and halting our ability to move in a healthy direction.

To lift the weight and burden of these emotions, it may help to understand we had no control over what happened. With patience and practice, we may find acceptance.

By creating a tribute or memorial to our loved one, we can begin to move forward while maintaining our connection with them.

None of this will happen overnight, but removing the roadblocks may ultimately lead to healing, hope and, yes, even joy.

*Adapted from Grief Roadblocks & How to Let Go of Tough Emotions
Griefincommon.com/blog/grief-roadblocks-let-go-tough-emotions/*

Registering for Grief Support Groups

To register please visit trucare.org/grief or call 303.604.5213 for group information, times, and locations.



**The Memory Box:
A Book About Grief**
by Joanna Rowland
Illustrated by Thea Baker

**Grief and Forgiveness Part Two:
12 Tips for Self-Forgiveness**
whatsyourgrief.com/grief-and-forgiveness-part-two-12-tips-for-self-forgiveness/

*When someone
you love
becomes a memory,
the memory
becomes a treasure.*

- Author unknown





*There is no love without forgiveness,
and there is no forgiveness without love.*
- Bryant H. McGill

Forgiving Others

Grief is a storm of emotions and one of the most common is anger. Depending on the circumstance, that anger can radiate in a thousand different directions.

For some, anger is a new and confusing emotion. Because anger is often considered negative, many feel like it's something to be hidden away. This is especially true if a person feels anger towards someone who has died.

Of course, there are also many instances where we are openly willing to acknowledge our anger towards a deceased loved one, but that doesn't necessarily make dealing with it any easier.

Here is the thing about anger. Though it gets a bad rap, anger can actually be healthy, important and useful. It becomes a problem when it remains unresolved and inhibits our ability to live healthy, contented lives in healthy, contented relationships.

Forgiveness is not eliminating or excusing the wrong someone has done. Forgiveness is about recognizing that a wrong has been done, yet actively forgiving anyway.

*Articles adapted from Grief and Forgiveness: Part One
whatsourgrief.com/grief-and-forgiveness/*

Phases of Forgiveness

Dig into
what your anger
is all about

Understand
what forgiveness is
and what it isn't

Forgiveness doesn't mean
you can't express anger
or seek justice

Remember
that forgiveness
does not cure sadness

Find meaning
in the forgiveness process

Recognize the positive
impacts of forgiveness on
your health and your grief

Accept that
true forgiveness comes
over time

Meaningful Memories

Transitioning from summer to fall can be a difficult time for grieving children. Summer activities are winding down and preparations for the upcoming school year are underway. To help them with change, caregivers can provide activities that are fun and that tap into their creative self-expression.

One such activity is creating a Memory Box; see book in Resources on page 2 of this newsletter. The box contains a collection of meaningful things that remind your child of the person who died and of the special relationship they shared.

Materials to create your Memory Box:

- Cardboard box with lid
- Scissors and colored paper (can be pre-cut shapes) or scrapbook paper
- Magazines (for cutting out words and pictures that have meaning)
- Glue sticks, tacky glue, or double sided tape
- Colored markers
- Decorations (i.e., stickers, buttons, ribbon)
- 3D fabric paint

Because every relationship is unique, there are no *right* things to include. Encourage your child to choose items that have a special significance to them or that capture the personality of their loved one. Some ideas to get them started are drawings or photos, pebbles from a camping trip or the beach, a memento from a family outing, sporting event or concert, or a keepsake that belonged to their loved one - meaningful memories to hold onto.

Healing Circles

Family Grief Group

Ages 6 -18
and Parents/Caregivers

Healing With Horses

August - October
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.

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Contact Us

303.604.5300

Visit us at
trucare.org

and [facebook.com/
TRUCommunityCare](https://www.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.