



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 seasonal 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.

Continuing Bonds

Nostalgia and Longing in Grief

After a death, there is often a strong desire to have the deceased loved one back. Because it takes time to integrate and accept the reality that they're gone, we may continue to look for them in the places where they once belonged.

We long for them to be next to us or we pick up the phone to call them. Then, as we begin to catch up with reality, we struggle to hold on to, remember and recreate things that were unique to them – their voice or the comforting feel of their embrace.

These moments of longing may especially occur when we're feeling low, confused or lost. Similar to nostalgia, they tend to intertwine with pining for easier times.

It's not abnormal to rely on loved ones even years after their death. Doing so doesn't mean we are stuck or aren't coping; quite the opposite, in fact. These memories become a mechanism for coping.

Nostalgia about these relationships can help to boost confidence in our ability to interact with others. When we feel lonely or sad due to loss and transitions, nostalgia helps us feel more connected.

Continuing bonds with past relationships may remind us that we are capable of loving and being loved and that such relationships may be found again.

*Adapted from Nostalgia and Yearning in Grief
whatsourgrief.com/yearning-in-grief/*



*May looking
back in memory
help comfort you...
- Author unknown*

The Journey Ahead

A song may come on the radio and a wave of sadness may overcome us, even if we were content and joyful just a few moments before.

We may be at the market, placing something in our cart, and a memory may surface, enveloping us with feelings of love and loss.

Simply going out to a coffee shop may rekindle memories of time spent talking over coffee with a close friend. A powerful longing may overtake us, wanting to recapture a life connection we once had.

Our losses are a continuum, at times deep within and protected, softly felt. The grief catches, not in our own personal regrets or missed opportunities, but in the longing for those who have traveled with us.

Perhaps this rekindling of all we hold dear serves to remind us that we still need these people and experiences within us on the journey ahead.

*Adapted from The Loss, Longing and Love of Reappearing Grief by Barbara Jaffe, Ed.D
innerself.com/content/personal/spirituality-mindfulness/death-a-dying/15952-loss-longing-and-love.html*

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



Lights of Life

Please join us for our Holiday Remembrance Service

Sunday, December 8, 2019

Doors open 2:00 PM, Service begins 2:30 PM
Unity Columbine Spiritual Center
8900 Arapahoe Road, Boulder, CO 80303

This holiday season, TRU Community Care and Unity Columbine Spiritual Center invite you to remember someone who has been special in your life by attending our Lights of Life Holiday Remembrance Service.

Our indoor service will feature a reading of names, music, and lighting candles, along with light refreshments. You are invited to bring a photo and a story to share while connecting with others who are in similar situations and feeling supported going into the holidays.

This year we will have commemorative ornaments available leading up to the holiday season. Visit trucare.org/events under Lights of Life in the coming weeks for more information.

Registering for Grief Support Groups

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



The Art of Longing Selected Poems

by Robert A. Neimeyer

Resilient Grieving Finding Strength and Embracing Life After a Loss That Changes Everything

by Lucy Hone, PhD

*We will
find our way.*

- Karen Reivich





*There is love in holding
and there is love in letting go.*
- Elizabeth Berg

A Mix of Happy and Sad

Yearning isn't about the experiences we fondly recall. Rather, it's about those people, places and memories that suddenly cross our minds, taking our breath away.

Yearning is actually one of the most common grief responses, an intense feeling or longing for something or someone we have lost or been separated from. It is an emotional state we experience after the death of a loved one.

To understand yearning, it's important to acknowledge that, in this grief phase, we are acutely aware that the future we imagined is no longer a possibility.

We search for the comfort we used to have with the person we lost and we try to fill the void. We may appear preoccupied, looking for constant reminders of them and ways to keep them close.

It's also important to understand that our feelings may be ambivalent and may change over time.

Yearning can be a mix of good and bad, happy and sad, depending on how we experience it and the overall effect it has on our life.

*Articles adapted from Yearning in Grief and Loss
whatsyourgrief.com/yearning-grief-loss/*

What do we yearn for in grief?

People, Places,
Things, Moments,
Relationships

Treasured experiences
from the past

Reminders
of our loved one

An understanding
of how to fill the void
in their absence

Opportunities
to still feel close to them

Ways to cope
with our emotions

Peace
of mind and heart



Easing the Winter Blues

During the winter season there are several occasions which can be challenging to families after the death of a loved one.

This time period is loaded with pressures about how to move smoothly through events and holidays such as Thanksgiving, Hanukkah, Christmas, New Year's, or Valentine's Day. In addition, when birthdays and anniversaries also fall during this busy season, coping can become even more complicated.

Rather than nostalgia having a negative impact, try creating family activities that help to remember and honor your special person. This will ultimately lead you to a heart-warming, positive result. Some ideas to consider may be:

- Bake or cook the person's favorite cookies or food to share at family gatherings; sharing food often sparks pleasant memories.
- Wrap a birthday gift box or hang a Christmas stocking in which family members can include cards or notes with stories inside.
- Create an ornament or other memento together.
- Light a candle or sit around a fireplace or family fire pit and share stories and remembrances.
- Write a letter or a Valentine card to the one who died.
- In their honor, create new memories by going to a place, restaurant or event which was meaningful to your loved one.

Remember, there are always choices about how much, or how little, you wish to participate in traditional celebrations. Make it simple, make it fun and include everyone as you ease the Winter Blues and enjoy the season.

Healing Circles

Watch for upcoming Spring 2020
Healing Circles groups in our March issue.

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

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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.