



**W**e are thinking of you during your journey through grief. We are here to counsel and provide support to all members of the community following the death of a loved one. These seasonal grief support newsletters are also available to you, your friends and your community at [trucare.org/grief](http://trucare.org/grief).

Please call us anytime for support at 303.604.5300.

## Overcoming Grief

### Finding Strength and Hope

Death, whether sudden or expected, brings sorrow and grief to those left behind. However, it will be helpful to remember that, as humans, we have an immense ability to cope.

Allow the feelings to flow. Although experiencing the many emotions of grief can be extremely difficult, these feelings are quite normal. With time, they will become less painful.

Talk about the loss. This can be a way of remembering our loved one and can help us understand what happened. It will also give us the opportunity to start the healing process. Denying the death of a loved one can result in isolation.

Find a support system. We need comfort from family and friends to overcome grief. Professional advice may also be helpful, if emotions and pain are too hard to handle.

Acknowledge every stage of the grieving process. These stages are not necessarily experienced in order and some may be revisited.

Celebrate life again while preserving precious memories of times shared with your loved one. Create a memorial. Plant a tree.

Find strength in the knowledge that life goes on. Find hope in the ability to stand up and smile again.

*Adapted from Life After Loss: Dealing with Grief and Finding Hope by Brian Zeng  
[www.thedailypositive.com/dealing-with-grief-finding-hope/](http://www.thedailypositive.com/dealing-with-grief-finding-hope/)*



### Honoring Connections

The death of a loved one can affect how we feel, how we act and what we think. Because we can be quite hard on ourselves, remember to be compassionate and kind as well.

Those who express flexibility in their emotions often cope better with loss and are healthier over time. For instance, we may show positive feelings, like joy, when sharing a happy memory, then switch to sadness or anger when recalling more negative experiences.

Grief is a process of letting go and learning to live with loss. The amount of time this takes varies with each person. Understanding and accepting the loss and honoring the enduring connections with our loved one can help us adapt.

To find meaning in life after loss, reconnect with what is most important to you. Reenvision a life with possibilities for happiness.

*Adapted from Coping With Grief: Life After Loss, [newsinhealth.nih.gov/2017/10/coping-grief](http://newsinhealth.nih.gov/2017/10/coping-grief)*

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 Grief Support 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

#### After the Losses: Dementia Grief Group

For those who have experienced the death of a loved one to dementia.

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

### 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

## Making a Choice

When those who are grieving are asked what they need most, they say hope. We want to feel confident that we can get through the process, that we won't be grieving forever.

While still in the shock of the early stages of grief, it can be hard for us to imagine that we will ever be happy again. Loss has shattered our world and we don't know where to start.

Although the thought of participating in a support group may feel uncomfortable at first, hearing the stories of others, and sharing our own, may help us to find within ourselves the hope and comfort we seek.

Whatever path we take, there is a moment in our grief journey when we have to make a choice which will deeply affect our future. We can choose to let grief take over, or we can get the support we need to heal.

How we want our future to unfold and our story to end is up to us. Choose to seek out hope. It may take time. It will be worth it.

*This is Your Life, Your Pain, and Your Story*  
By Catherine McNulty, [www.opentohope.com/this-is-your-life-your-pain-and-your-story/](http://www.opentohope.com/this-is-your-life-your-pain-and-your-story/)

### Registering for Grief Support Groups

To register please visit [trucafe.org/grief](http://trucafe.org/grief) or call 303.604.5213 for group information, times, and locations.



#### The Dash: Making a Difference with Your Life

by Linda Ellis & Mac Anderson

#### From Heartbreak to Wholeness: The Hero's Journey to Joy

by Kristine Carlson

*...bring kindness,  
curiosity and courage  
to the way you listen  
to yourself.*

- Kristine Carlson



*When those you love die,  
the best you can do is honor their spirit...  
by keeping it alive in yourself.*  
- Patrick Swayze

## Let Memory Be Our Guide

Losing someone we love may be the hardest thing we will ever experience. We may, at times, feel as if we are breaking into a million pieces.

Yet, on some level we know that our loved one would not want us to stay in that dark and painful place.

Instead, we may choose to honor their life by living our own with passion and purpose - pursuing our dreams, learning and contributing more than we ever thought possible.

While our journey through grief may be very lonely and challenging at times, we may find healthy ways to stay positive and keep moving forward, cherishing good memories and carrying them with us.

Writing may provide an outlet for our fears, anger and sadness. Connecting with others who have had similar losses may also bring peace and comfort.

Letting the memory of our loved one be our guide, we may begin to let go of the pain and make room for peace.

Living and loving are choices. There is life beyond loss. Love never dies.

*Articles adapted from Because of You: Letter to a Daughter Who Has Died By Lisa K. Boehm, [www.opentohope.com/because-of-you-letter-to-a-daughter-who-has-died/](http://www.opentohope.com/because-of-you-letter-to-a-daughter-who-has-died/)*

## Living Beyond Loss

Let go of pain

Make room for peace

Be patient and gentle

Take nothing for granted

Speak up  
for what's important

Offer a hand  
to those who need it

Live from a deeper place



## Opening Communication and Building Trust

With each new experience, children are shaping their understanding of the world around them. The death of a loved one brings grief, sadness and changes for them, which can be stressful and require care and understanding.

Because many variables affect children who are grieving a loss, the presence of a supportive, caring, loving adult in their lives is the number one factor which promotes healthy growth and development. Though grief is a stressful experience for children, it does not have to be debilitating.

When children are vulnerable, it is our instinct to want to protect them. This can be challenging when parenting grieving children, who may overhear the conversations of family or friends. Hearing the truth directly from their primary source of support instead, often their parent or primary caregiver, opens communication and builds trust in the relationship.

If we tell children the truth and answer their questions as honestly as we can in age appropriate ways, they will know that they can come to us with other challenges and struggles they might face.

After someone dies, children might become keenly aware of how unpredictable life can be. Routines provide predictability for them and offer comfort as they are adapting to loss.

Be patient. We may not always have the right words to say and we may make mistakes. Remember, we do not have to be perfect, just present. Simply put, grief does not have to derail the future of children. They can live through, and even thrive, in the wake of grief and loss.

*Adapted from Parenting Grieving Children  
www.healgrief.org/parenting-grieving-children/*

## Healing Circles

### Healing With Horses

April 1 – May 20  
Wednesday 5:30 – 7:00 PM  
Ages 6 -18, \$100 per child

### Healing Circles Family Grief Group

April 2 – May 7  
Thursday 5:30 – 7:00 PM  
Ages 6 - 18

Individual and Family counseling, as well as group support is available for all grieving children, teens and their families in our community. Information and presentations for community groups, schools and professionals are also available. For more information about our youth and family services, please call 303.604.5330.

### Grief Services Staff

**Raegan Gyorffy**

*Director of Grief and  
Volunteer Services*

**Charley Rosicky**

*Adult Grief Counselor*

**Richard Mercer**

*Adult Grief Counselor*

**Donna Heller**

*Youth and Family  
Grief Counselor*

**Reta Morrisette**

*Grief Group Coordinator*

**Terri Chance**

*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](http://trucare.org/donate). Donations help provide group resources and materials.*

*TRU Community Care is a nonprofit 501(c)3 organization. We appreciate your support.*