



**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](https://TRUcare.org/grief). Please call us anytime for support at (303) 604-5300

## Assessing Needs

During this difficult time in your life, it may be helpful to realize some of the things you need most:

Respect and dignity

Information

To consider options and make choices

Safety but not necessarily "protection"

To do all that you are capable of doing

To communicate about your loss

To have people physically present offering continuing support

Understanding of the normalcy of the grief process

Distraction and an occasional chance to get away

To focus on the experience of the loss and what it means to your life

To experience events unrelated to the loss

To be around friends or people who know you and will accept whatever you are feeling

People available to you who affirm their faith in you

Contact with people with a similar experience who can give you hope

To remember your personal strengths in previous difficult times

Love and affection

*"We are not guaranteed time or a future. All that seems to be held in the promise of this life is that love will always be available to us and that in the darkest most painful of times we will be sustained."*

*-Marcia Lattanzi-Licht*



## Coping with Family & Friends

Friends and family may feel inadequate, and they may not know how to support you in your grief. How can you help them help you?

Let them know it's okay for you to talk about your loved one. Memories are precious and need to be shared.

If someone offers to help, give them specific tasks for which you have no energy, like running errands, bringing in dinner, or answering and returning phone calls.

If you have children, ask their friends or special adults in their lives to help you support them.

Let them know that you need someone to continue to listen to you, even though you may be retelling or repeating your story.

Tell them you will need more calls after several months, when the reality sets in and the loneliness begins.

Try not to be embarrassed to cry, get angry, express your emotions or share your reactions with family and friends.

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

#### 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

#### Widowed Senior Grief Support Group

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

#### Spouse/Partner Loss Group

For people who have experienced the death of a spouse or partner.  
Meets 3rd Tuesday  
6:00 - 8:00 PM

#### Substance Use Loss Support Group

For those who have lost someone to a drug- or alcohol-related death.  
Meets 2nd Thursday  
6:00 - 8:00 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

### Registering for Grief Support Groups

To register please visit [TRUcare.org/grief](http://TRUcare.org/grief) or call (303) 604-5213 for group information, times, and locations.

### Adult Structured Groups

Our structured groups provide education and support in a structured group format. Early registration is recommended as these groups fill quickly.

#### Newly Bereaved Support Program

Support, information and networking for persons with recent death losses. This group is recommended for people who are between one and four months out from the loss. Sessions run for four consecutive weeks and begin each month.

#### Eight-Week Grief Support Group

The group is recommended for people who are at least six months out from the loss. Groups are held throughout the year and run for eight consecutive weeks. Please call for times and dates.

#### Hiking Group

TRU Community Care offers a hiking group for caregivers and those grieving a loss. This group is designed to be a safe place to get some gentle exercise and have a quiet time with supportive companions.

Due to social distancing during this historical time, the group setting, dates and time are still to be determined. Please call (303) 604-5213, or go to [TRUcare.org/grief](http://TRUcare.org/grief) for more information.

*"We meet to walk trails in the quiet, healing presence of others who understand. We may not even talk about our losses, grief and struggles, or perhaps we do. We let the beauty of these hills and hillsides, this sky, do its work on our hearts, walking in beauty. Walking on." - Hiking group participant*



*The Fall of Freddie the Leaf*  
A Story for All Ages  
By Leo Buscaglia, Ph.D

*The Nature of Grief:*  
*Photographs & Words for Reflection & Healing*  
By Rebecca S. Hauder, R.N.

*....there, asleep in the tree  
and the ground, were already  
plans for new leaves in the  
spring.*  
- Leo Buscaglia, Ph.D



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/](https://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

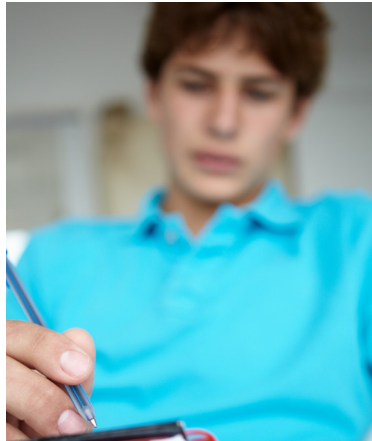
## Speak Your Truth

When you're grieving, sometimes there isn't enough time in the day, with school, after school activities, family commitments and social time, to think about what has died. Writing about your experiences in a journal or making a memory book are healthy ways to express and process feelings of grief and loss.

Be creative. Write a poem or a story to honor your special person. Speak your truth either privately or, if desired, share with friends and family. A topic can sometimes help focus your thoughts, or be a way to have an ongoing connection.

Jot down what you feel: Do you feel like talking, laughing, crying or getting mad? Maybe you're grumpy and get upset about normal, everyday problems. You can express in your journal that you are sad or lonely or numb. Maybe you are not feeling anything at all. This doesn't mean you are bad or wrong.

You can also write down the memories of the person who died. Those memories may be happy or sad, but they will help you keep alive the love you have for the person you lost.



If you get stuck, think about starting a sentence like this:

*"What I want you to know now that you are gone is ..."*

*"Today was ..."*

There are a number of pre-written journals, but a blank book is all you really need. You might also use a coloring journal, to help you relax at the end of the day. Summer is a good time to engage in simple activities, allowing space for the heart, mind, and spirit to connect.

### Grief Services Staff

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### Contact Us

(303) 604-5300

Visit us at  
[TRUcare.org](http://TRUcare.org)  
and [facebook.com/](https://www.facebook.com/TRUCommunityCare)  
[TRUCommunityCare](https://www.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.