



Grief Support

WINTER 2021

We 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. Please call us anytime for support at (303) 604-5300.

Remaining Present During the Holidays

During the holiday season, it is common for grief to overwhelm us and take us out of the present moment. It is possible to have a balance that provides space for holiday grief, time to cope with stress and anxiety, and time that enables us to be fully present with the holiday moments that matter. Present moment awareness is merely paying attention to what is happening right now. However, grieving people understand that it is difficult to remain connected to their memories and process their grief if they don't spend time focusing on the past. The below tips are to help with present moment awareness if you experience holiday moments, traditions, or events that are important to you.

Notice the ways your loved one is still present: You may notice them in objects, traditions, laughter, and shared values.

Allow yourself to lose track of time and get lost in the moment:

Many people may have feelings of guilt when they find themselves becoming lost in the moment. Remember that it is okay to take a break from your grief and to feel emotions like happiness and joy.

Savor moments of peace, happiness, and comfort: Expressing gratitude in the moment and focusing on sensations (sight, taste, touch) are ways to ground yourself in the present and bring about positive emotions.

When you are grieving, being present can feel scary. The key to coping with these emotions is to allow yourself to experience them and find constructive ways to cope. It is okay to drift into happy emotions and express gratitude for the present moment during this holiday season.

Adapted from "8 Tips for Remaining Present at the Holidays (While Grieving)" by Eleanor Haley

<https://whatsyourgrief.com/8-tips-for-remaining-present-at-the-holidays-while-grieving/>



Winter Lights of Life Memorial Service

This year, TRU's annual **Lights of Life** service will be held in person on Saturday, January 22, 2022 from 3 to 5 p.m. at Unity Columbine Spiritual Center in Boulder. You will also be able to stream the event and view it all season on TRU's YouTube channel.

The service will include readings, reflections, and time to remember. You're invited to light a candle in remembrance of the person you've lost. Our indoor service will give you a chance to connect with others who are in similar situations and feel supported after the holidays.

Please visit TRUcare.org to find more information about this event.

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

Spouse/Partner Loss Group

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

First Year Spouse/Partner 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

Sudden Loss Group

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

Widowed Senior Group

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

Yoga After Loss Group

Exploring grief through yoga poses, breath work, and meditation
Periodic Offering

Registering for Grief Support Groups

To register please visit TRUcare.org/grief or call (303) 604-5300 for group information, times, and locations.

Introducing...

The Bereaved Parents Group

This group offers the opportunity to join with others who have lost a child. There is time for open discussion and sharing so that you may offer and receive support.

Meets 3rd Wednesday, monthly,
6:00 - 8:00 PM
Online via Zoom.

For more information, please call (303) 604-5300 or visit TRUcare.org/grief.

Individual Grief Counseling

We are pleased to offer individual counseling for individuals experiencing grief, complicated grief, sudden or traumatic loss, and youth and family grief issues. These services are for people of all ages and phases in the grief process and are now available to the public at an affordable price.

We consider it a privilege to help those who are grieving regain their balance and resume healthy living.

To schedule an appointment or for more information, please contact (303) 604-5300 or griefservices@trucare.org.

"In the midst of winter, I found there was within me an invincible summer."
– Albert Camus



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

By Joanne Cacciatore; Zen priest, grief counselor, and researcher

The Other Side of Sadness: What the New Science of Bereavement Tells Us about Life After Loss

By George A. Bonanno; Professor of Clinical Psychology and author of *The End of Trauma*

"Keep your face always toward the sunshine – and shadows will fall behind you"
– Walt Whitman



The New Life's Salutation

By Anna Barabauld

*Life, we've been long together
Through pleasant and through cloudy weather;
'Tis hard to part when friends are dear,
Perhaps 'twill cost a sigh, a tear;
Then steal away, give little warning,
Choose thine own time:
Say not "Good night," but in some brighter clime
Bid me "Good morning."*

Candle-Making

Candle-making is an activity that is both rewarding and therapeutic. The act of lighting a candle is a great way to memorialize your departed loved ones and honor them around the holiday season. You can personalize your candle to have a scent that your loved one enjoyed like lavender, lemongrass, vanilla, or eucalyptus.

Materials for One 8 oz. Candle*

- 2.5 cups of soy wax
- ½ of a piece of a bar of dye (if desired)
- Roughly 100 drops of your favorite essential oil
- *Multiply if you're making more than one

Method

Set up your jar(s) and wick(s). You'll want to place your wick in the center of the jar and get the metal tip as close to touching the bottom as you can. Insert the wick into the aluminum centering device and bend the top of the wick so that it is stable.

1. Fill a saucepan about halfway with water and set on a medium-high stove top.
2. Place your bowl inside the saucepan making sure the water just touches the bottom of the bowl (this replicates a double boiler if you don't have one).
3. Once the water simmers, place your piece of dye in the bowl (if using) and let it melt.
4. Once it's melted, place your 2.5 cups of wax in the bowl and stir.
5. Add in your essential oil and stir frequently until the wax is fully melted and the dye is evenly distributed, about 10 minutes.
6. Place your funnel into your jar (you'll have to maneuver it to avoid bumping the aluminum centering device) and gently pour the wax from the bowl into the jar.
7. You can adjust your wick at this point, if needed, while the wax is still in liquid form.
8. Once dry, you can cut the wick and remove the centering device.
9. If there are any blemishes such as uneven wax, you can use a hair dryer to re-melt the wax.
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Connecting to Children Experiencing Grief

Grief and the feelings associated with death is a family experience. These feelings are often complex and come in waves. Remember there is no correct way or length of time set for your family to grieve. While helping children cope with death, it's important to note that all children are unique and will grieve at his or her own pace. Feelings of sadness may not completely go away, but you and your family can find comfort in each other.

- **Encourage expressing individual feelings** – Remind your child that everyone experiences emotions and that there are no feelings too big or too small to talk about. Children may express their grief through anger, sadness, confusion, or guilt, though they may not have the words to identify these emotions. Finding alternative ways for children to express grief like drawing or using puppets can be very therapeutic and beneficial.



- **Be patient and observant** – Your children may not want to talk about their grief immediately. You can let them know that you are ready to listen whenever they are ready. For young children, grief can be interrupted by other emotional states but can show up again hours, days, or years later. Grief is an ongoing process that manifests in different ways at different times. Children's reactions when coping with death can show up as nightmares, trouble sleeping, irritability, or the development of new fears. If you have concerns about your child's behavior, reach out for professional advice.

- **You are still family** – Taking care of yourself is a way to better take care of your children. Maintaining healthy routines and engaging in activities that you both enjoy can help you feel calm. Allowing your children opportunities for fun and play can be an important step in their healing process. You can also offer hopeful words like "we are still a family, we will heal".

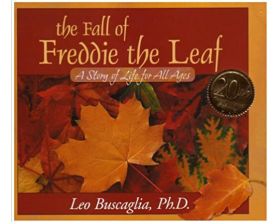
Adapted from "Grief | Sesame Street: Explaining Death to Children" : sesamestreetformilitaryfamilies.org

Books for Grieving Children

The Fall of Freddie the Leaf
by Leo F. Buscaglia

Goodnight Moon
by Margaret Wise Brown

Saying Goodbye
by Jim and Joan Boulden



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) 604-5300.

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Contact Us

(303) 604-5300

TRUcare.org

[Facebook.comTRUECommunityCare](https://Facebook.com/TRUECommunityCare)

TRU Grief Services welcomes donations at trucares.org/donate. Donations help provide group resources and materials.
TRU Community Care is a nonprofit 501(c)3 organization. We appreciate your support.