



Grief Support

SPRING 2022

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 trucares.org/grief. Please call us anytime for support at (303) 604-5300.

Transformative Grief

Spring has sprung: the flowers are blooming, and the birds are singing. The sun is shining, so why do you feel so dark, struck, overwhelmed? Because you are grieving.

Spring can feel like pressure. Pressure to be present in the moment, to live life despite how you feel on the inside. There is pressure to feel normal and to believe in the possibility of now. Spring feels like a betrayal of your grief.

Grief is unpredictable. Unlike the seasons, it does not follow a pattern. It is personal, painful, and messy. The feelings of grief do not match the sights and sounds of spring, and yet there is much to be learned from it. The feelings of deep grief are the winter frost forcing us to lie dormant. In time, your spring will come. You too will begin to thaw, and in time you can push through the bitter heaviness of grief.

You will bloom once again — new and different. You will grow towards the sun and find comfort in its healing warmth. You'll notice the crocus poking through the snow and experience awe at its resilience, strength, and courage. Moments previously not accessible now can be experienced with heightened awareness and gratitude.

Lean into spring. Go outside each day and write one sound that you hear in nature, one new flower you see, and reflect on this experience. Nature provides a model for grieving and healing. Nature teaches us that there is a season for everything.

Article adapted from [Tranformativegrief.com](https://transformativegrief.com) by Jennifer Stern.



Grief Services Now Available to NWKareS

As of January 1, 2022, TRU Community Care (TRU) is partnering with Hospice Services of Northwest Kansas (NWKareS) to provide bereavement services. Founded as Boulder Hospice in 1976, TRU has provided hospice and grief services in Colorado for decades. TRU is honored to share our grief program with NWKareS and reach the rural communities of Kansas.

NWKareS clients now have access to TRU's virtual grief counseling and virtual support groups. To request a counseling session with a grief counselor (complimentary for 13 months after the death of a loved one), call (303) 604-5300.

Please visit trucares.org/grief for more information about our grief services. We are here, together, to support you.

Our adult grief groups are available to anyone needing support after the death of a loved one. Support groups are free of charge. 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. To register please visit trucare.org/grief or call (303) 604-5213 for group information, times, and locations.

Ongoing Adult Grief Support 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.

Structured Adult Grief Support Groups

Creative Expression Group

Exploring grief through the process of making art. Periodic offering.

Newly Bereaved Support Program

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

Eight-Week Support Group

For anyone who has experienced a loss. Offered monthly.

Introducing...

Writing Through Loss Grief Support Group

This group is offered periodically and will meet for six or eight consecutive weeks. Loss and writing are both very personal experiences. This class provides the opportunity to blend the two in a safe, non-judgmental setting. Using weekly prompts, members will reflect on the provided writings as a group followed by time for their own individual written responses. Journaling is encouraged. No writing experience is needed. Writings will not be critiqued. Expressing grief through the written word is the intention of the class as members' journey through loss using this creative form.

Art Groups in the Community

Art Journaling Group

This group meets the first Wednesday of each month from 1 pm to 3 pm and is a drop-in group. The group explores a combination of art-making and writing to encourage people to learn to use this process for self-exploration.

Healing Hearts Group

The Healing Hearts group meets the third Wednesday of each month 1 pm-3 pm. This group has a focus on self-care and involves 2D and 3D art making. Both listed drop-in groups are free and are an option for people who have experienced grief or are coping with serious illness.

Please visit pathways-care.org/grief-support-groups for more information and to register.

"Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them." — Leo Tolstoy



Grief is a Mess by Jackie Schuld

After losing a loved one, grief can leave your life in a mess. *Grief is a Mess* is an illustrated book for grieving adults who need a healthy dose of understanding, comfort, and laughter. Through humorous animal illustrations, the book explores how grief is different for everyone and can change without warning.



Self-Love Poetry by Melody Godfred



Godfred explores concepts like authenticity, surrender, resilience, gratitude, believing in yourself, and love through 100 pairs of poems. On the left side of the book are "thinker" poems that light up the analytical, more literal, left side of the brain, and on the right side are companion "feeler" poems that speak to the creative, emotional right side of the brain.

Creative Outlets for Grief

Creativity shares a trait with grief that is not commonly acknowledged. They both can be tools for growth. Grief provides challenges that you wonder whether you have the strength to bear, but over time, you can learn to heal from and even thrive because of it.

Expressing yourself through creative means can do the same. It will strengthen and challenge you. Choose an activity you love, are curious about, or have always wanted to try. Expressive arts can provide an outlet for feelings to flow and shift the emotional burden you're carrying to make it more manageable. Here are some creative ideas that you can try to soothe yourself and express your inner artist.



Draw and Paint

Whether you use pencils, oil pastels, or paints, using color can be freeing. Sometimes an abstract piece full of color or dark shadows can help you navigate your grief.

Make a Collage

Creating a memorial collage or a scrap book to create a beautiful tribute to your person that honors your relationship and memories.

Dance

Through physical actions like dance, you may gain a sense of relief as you embody an emotion and bring your inner world to life.

Write Poetry

Writing poetry can be simple and a great way to link together words that correlate your thoughts and feelings and illustrate your experience of love and loss.

Start a Journal

Writing can help you make sense of your story and move it onto paper in a way that helps you feel relief. Taking time to create a comfortable space to write in can be healing and restorative.

Article adapted from Creative Outlets for Grief by Maureen Pollard, MSW, RSW:
www.griefstories.org/creative-outlets-for-grief



Beannacht

On the day when
The weight deadens
On your shoulders
And you stumble,
May the clay dance
To balance you.

And when your eyes
Freeze behind
The grey window
And the ghost of loss
Gets into you,
May a flock of colours,
Indigo, red, green
And azure blue,
Come to awaken in you
A meadow of delight.

When the canvas frays
In the currach of thought
And a stain of ocean
Blackens beneath you,
May there come across the waters
A path of yellow moonlight
To bring you safely home.

May the nourishment of the earth
be yours,
May the clarity of light be yours,
May the fluency of the ocean be
yours,
May the protection of the ancestors
be yours.

And so may a slow
Wind work these words
Of love around you,
An invisible cloak
To mind your life.

John O'Donohue

Arts and Crafts to Help Grieving Children

For some children, engaging in creative arts like drawing, clay molding, and painting can have a positive impact on their grieving process. Children can use art projects to safely express how they're feeling and communicate without using words. Using creative modalities also gives children an opportunity to release their emotions and funnel them into artwork that they create, which can give them a chance to regain their sense of control. Here are some arts and crafts projects that you can do to help grieving children:

Grief Masks

For this project, you'll need modeling clay, paints, and paint brushes. You can also use a paper plate and a popsicle stick. By creating a mask, children can create a window into their heart and mind. After the project is complete, you can engage them by asking them to name a feeling associated with the mask or give a name to the mask.



Worry Stones

This project requires a stone, paint, and paint brushes. Children can pick out a stone from outside and paint it to reflect their feelings. You can recommend carrying the stone with them, naming the stone, and using it as a source of comfort.

Coloring and Drawing

Handmade pictures can be an expression of a child's thoughts, even when they lack words to describe their feelings. All you need for this project is paper and markers or crayons. Coloring or free drawing can help calm a child and can offer a loving adult a window into their emotional landscape.

Grief Heart Puzzle

The Grief Heart Puzzle requires a white piece of paper, a colored piece of paper, scissors, glue, and fabric paint (or markers). Draw a large heart on both pieces of paper. Using the colored paper, pencil in 5 or 6 puzzle shapes (larger is better). Then cut the heart out and cut the shapes out. Using the white paper with a heart, place the colored pieces back into the heart shape and glue them down. You now have your grief heart. You can use markers or fabric paint to decorate your heart and "seam" it together where the puzzle shapes are attached. Think of sayings and memories of your loved one to decorate the border.

Grief Summer Camps for Kids/Teens

Camp Comfort

This weekend-long camp is offered twice each summer and addresses the needs of grieving children ages 6 to 12.

- Camp dates: June 17-19 and July 15-17
- Location: Near Georgetown, Colorado
- Visit www.campcomfort.org for more information.

Camp Erin

A free weekend bereavement camp for children and teens aged 6 to 17 who are grieving the death of a significant person in their life.

- Camp dates: August 12-14
- Location: Shwayder Camp located outside of Idaho Springs
- Visit www.shimmeringwings.org for more information.

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Contact Us

(303) 604-5300

Visit us at:

TRUcare.org

Facebook.com/TRUCommunityCare

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.