Group Agenda: 6 Week Closed Grief Group

Classroom 1: 1st Floor

3:30-5:00PM

**Week 1-Initial Meeting: Tuesday February 17th**

* Opening Ceremony
  + “It does not matter how slowly you go, so long as you do not stop” –Confucious.
* Introductions
* Group 101
* Highlight topics to be discussed during the 6 weeks
* Journal Question
* Closing Ceremony

**Journal Activity:** The pain of grief will keep trying to get your attention until you have the courage to gently, and in small doses, embrace it. How is the pain of your grief trying to get your attention? While grief is a powerful experience, so, too, is your ability to help in your own healing. Write about any steps you’ve taken (even baby steps) to help yourself begin to heal.

**Week 2-Beyond Death’s Door DVD: Tuesday February 24th**

* Opening Ceremony
  + “Grief is a journey, often perilous and without clear direction, that must be taken. The experience of grieving cannot be ordered or categorized, hurried or controlled, pushed aside or ignored indefinitely. It is inevitable as breathing, as change, as love. It may be postponed, but it will not be denied.” –Molly Fumia
* Group 101
* Journal Questions from Week 1
* Beyond Death’s Door DVD
* Touchstone 1 “Open to the Presence”
* Touchstone 2 “Dispel the Misconceptions/Touchstone 3 “Embrace the Uniqueness”
* Journal Question and Closing Ceremony

**Journal Activity:** Grief is often a one step forward, two steps back process. How could you help yourself during those inevitable times when you think you’re moving backwards instead of forward?

**Homework:** Describe linking objects, p. 78. If you have a linking object, please bring it/describe it for next session

**Week 3-Grief Feelings and Responses: Tuesday March 3rd**

* Opening Ceremony-Quote
  + “We are healed of a suffering only by experiencing it in the full.” –Marcel Proust
* Group 101
* Journal Questions from Week 2
* Linking Objects
* Touchstone 4: “Explore Your Feelings of Loss”/Touchstone 5: “Recognize You Are Not Crazy”
* Journal Question and Closing Ceremony

**Journal Activity:** In general, have you had a tough time coping on anniversaries, birthdays, or holidays since the death? Describe your experiences.

**Week 4- Coping Skills: Tuesday March 10th**

* Opening Ceremony-Quote
  + “The emotions may be endless. The more we express them, the more we may have to express.” –E.M. Forster
* Group 101
* Journal Questions from Week 3
* Secondary Losses Handout
* Mourner’s Bill of Rights Handout
* Touchstone 6: “Understand the Six Needs of Mourning”/Touchstone 7: “Nurture Yourself”/Touchstone 8: “Reach Out for Help”
* Journal Question and Closing Ceremony

**Journal Activity:** Draw a grief map. Make a circle at the center of the page and label it MY GRIEF. This circle represents your thoughts and feelings since the death. Now draw lines out of this circle and label each line with a thought or feeling that has contributed to your grief.

**Week 5-Creating a New Normal: Tuesday March 17th**

* Opening Ceremony-Quote
  + “Mourning never really ends. Only as time goes on, it erupts less frequently.” –Anonymous
* Group 101
* Journal Questions from Week 4
  + Talk about the grief maps- discuss coping skills used to manage those feelings contributing to grief.
* Self Care Handouts-Importance of self care
* List of coping skills and/or ways of healthy self care to promote reconciliation
* Touchstone 9 “Seek Reconciliation, Not Resolution”
* Journal Question and Closing Ceremony

**Journal Activity:** Take the opportunity to write out where you see yourself in your own unique healing process. As you have learned about the concept of reconciliation, what thoughts and feelings have come to mind?

**Week 6-Closing Session: Tuesday March 24th**

* Opening Ceremony-Quote
  + “Each day comes bearing its own gifts. Untie the ribbons.” –Ruth Ann Schabacker
* Group 101
* Journal Question from Week 5
* Celebration of your journey-share about experiences with group
* Touchstone 10 “Appreciate Your Transformation”
* Memorial Activity
* Individual follow up and individual counseling/drop in groups
* Closing Ceremony