



## Grief Support Group Spring 2021 6:30 to 7:30 pm

| Date                | Topic                       | Type   |
|---------------------|-----------------------------|--|
| Monday, February 1  | The Grief Journey           | Virtual  |
| Monday, February 15 | The New Reality             | Virtual  |
| Monday, March 1     | Exploring Death             | Virtual  |
| Monday, March 15    | Coping with Stress & Change | Virtual  |
| Monday, March 29    | Ocean of Emotion            | In-Person<br><i>(Pending COVID-19 numbers)</i> |
| Monday, April 12    | Anger                       | In-Person<br><i>(Pending COVID-19 numbers)</i> |
| Monday, April 26    | Guilt & Regret              | In-Person<br><i>(Pending COVID-19 numbers)</i> |
| Monday, May 10      | Memories                    | In-Person<br><i>(Pending COVID-19 numbers)</i> |
| Monday, May 24      | Self-Care & Support         | In-Person<br><i>(Pending COVID-19 numbers)</i> |

Need to miss a night of group? Just let us know by emailing [Jordan@calmwaters.org](mailto:Jordan@calmwaters.org)

\* Virtual groups will be hosted for ADULTS ONLY. Calm Waters will continue offering support to children through the Student Support Group program.

\*Calm Waters anticipates resuming in-person groups for both children and adults (pending COVID-19 case numbers in Oklahoma City and surrounding areas) beginning March 29th. Please look out for an email from Calm Waters staff with updates.

*...helping children and families in their grief journey caused by death, divorce or other significant loss*

501 N. Walker Ave., Ste. 140 | Oklahoma City, OK 73102 | 405.841.4800 | [Calmwaters.org](http://Calmwaters.org)