



Grief Support Group A
 Fall 2022
 Time 6:30pm-7:30pm

Date	Topic
Monday, August 22	The Grief Journey
Tuesday, September 6 *Due to Labor Day holiday, group will be held on Tuesday rather than Monday.	The New Reality
Monday, September 19	Exploring Death Within the Family
Monday, October 3	Coping with Stress & Change
Monday, October 17	Values and Identity
Tuesday, November 1 st Due to the holiday, the group will be held on Tuesday rather than Monday.	Anger
Monday, November 14	Guilt, Regret and Shame
Monday, November 28	Memories
Monday, December 12	Self-Care & Support

Need to miss a night of group? Just let us know by emailing Hannah@calmwaters.org

DON'T FORGET TO RESERVE YOUR SPOT!

You'll receive an email link to sign-up at 5:00pm the Friday before each group meeting.

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

*For new participants please register at this link: <https://www.surveymonkey.com/r/M9FKCWS>

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

Grief Groups Offered

Grief Group A

Death of Partner- A group for the spouse whose partners have died.

Death of a parent, sibling, or other significant relationship – A group is for families' members whose parents, siblings, or other significant family/friends have died.

Death of Child- A group for parents dealing with the death of a child.

Teen Group- For Teens whose loved one died, ages 13+

Child 3- For children whose loved one died, ages 10-12

Child 2- For children whose loved one died, ages 6-9

Child 1- For children whose loved one died, ages 3-5

Virtual Support Group A- A group for those anticipating the death of their loved one or their loved one has died

Grief Group B

Death of Partner- A group for partners over the age of 55 whose partners have died.

Suicide Loss Grief group- for those whose loved one's died by suicide.

Miscarriage, and infant loss - A group for parents who have child loss through miscarriage, stillbirth, and infertility.

Teen Group- For Teens whose loved one died, ages 13+

Child 3- For children whose loved one died, ages 10-12

Child 2- For children whose loved one died, ages 6-9

Child 1- For children whose loved one died, ages 3-5

Virtual Support Group B- A group for those anticipating the death of their loved one or their loved one has died