



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

Date	Topic
Monday, August 29	The Grief Journey
Monday, September 12	The New Reality
Monday, September 26	Exploring Death Within the Family
Monday, October 10	Coping with Stress & Change
Monday, October 24	Values and Identity
Monday, November 7	Anger
Monday, November 21	Guilt, Regret and Shame
Monday, December 5	Memories
Monday, December 19	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>

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

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