



# calm waters

Grief Support Group C  
Spring 2023  
Time 3:00pm-4:00pm

Date	Topic
Monday, January 23	The Grief Journey
Monday, February 6	The New Reality
Tuesday, February 21	Exploring Death Within the Family
Monday, March 6	Coping with Stress & Change
Monday, March 20	Values and Identity
Monday, April 3	Anger
Monday, April 17	Guilt, Regret and Shame
Monday, May 1	Memories
Monday, May 15	Self-Care & Support

**\*\*PLEASE REGISTER BEFORE ATTENDING AT THE LINK BELOW**

**After Registering, you will an email link to reserve your spot the week before each group meeting before attending.**

Register at this link: <https://www.surveymonkey.com/r/M9FKCWS>



## **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 a parent, sibling, or other significant relationship – A group is for families' members whose parents, siblings, or other significant family/friends 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

## **Grief Group C (Occurs bi-weekly from 3-4 on Mondays)**

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

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