



Grief Support Group A

Fall 2023

Time 6:30pm-7:30pm

Date	Topic
Monday, August 14	The Grief Journey
Monday, August 28	The New Reality
Monday, September 11	Exploring Death Within the Family
Monday, September 25	Coping with Stress & Change
Monday, October 9	Values and Identity
Monday, October 23	Anger
Monday, November 6	Guilt, Regret and Shame
Monday, November 20	Memories
Monday, December 4	Self-Care & Support

Need to miss a night of group? Just let us know by emailing becca@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.**

***For new participants please register at this link: <https://www.surveymonkey.com/r/8WL36BD>**

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

501 N Walker Suite 140 | Oklahoma City, OK 73102 | 405.841.4800 | Calmwaters.org

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 under 18- A group for parents dealing with the death of a child under age 18.

Death of Child over 18- A group for parents dealing with the death of a child over age 18.

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.

Homicide Loss – for those whose loved one's died by homicide.

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