



Grief Support Group B
 Spring 2024
 Time 6:30pm-7:30pm

Date	Topic
Monday, January 29	The Grief Journey
Monday, February 12	The New Reality
Monday, February 26 Dinner	Exploring Death Within the Family
Monday, March 11	Coping with Stress & Change
Monday, March 25	Anger
Monday, April 8	Coping with Anger Using Values
Monday, April 22	Guilt, Regret and Shame
Monday, May 6 Dinner	Memories
Monday, May 20	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 with this QR code:

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

Grief Groups Offered

Grief Group A

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

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

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

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

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 B

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

Death of Child under 18 and Reproductive Loss- A group for parents dealing with the death of a child under age 18 and for those who have experienced miscarriage, infertility, and stillbirth.

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

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

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

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