



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

Date	Topic
Monday, January 8 Dinner	The Grief Journey
Monday, January 22	* CANCELLED DUE TO INCLEMENT WEATHER *
Monday, February 5	The New Reality
Monday, March 4	Exploring Death Within the Family
Monday, March 18	Coping with Stress & Change
Monday, April 1	Anger
Monday, April 15 Dinner	Coping with Anger Using Values
Monday, April 29	Guilt, Regret and Shame
Monday, May 13	Memories
Monday, May 27	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 by 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

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

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