



Grief Support Group A
Spring 2025
Time 6:30pm-7:30pm

Date	Topic
Tuesday, January 21, 2025	The Grief Journey
Tuesday, February 4, 2025	My Grief Story
Tuesday, February 18, 2025	Exploring Death Within the Family
Tuesday, March 4, 2025	Coping with Stress & Change
Tuesday, March 18, 2025	Anger
Tuesday, April 1, 2025	Guilt, Regret, and Shame
Tuesday, April 15, 2025	Memories
Tuesday, April 29, 2025	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!

The sign-up link will be sent via email at noon the Thursday before each group meeting.

*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 Group A

Parent/Sibling/Other Significant Relationship – A group for adults dealing with the death of a parent, sibling, or other significant family/friend.

Spouse/partner loss under 55 – A group for those whose spouse/partner has died under age 55.

Spouse/partner loss over 55 – A group for those whose spouse/partner has died after age 55.

Suicide loss – A group for adults whose loved one died by suicide.

Traumatic Loss – A group for adults who have had a loved one die in a traumatic way (e.g. sudden accident, overdose, homicide, etc.)

Child 1 – A group for children ages 3-5 whose loved one died.

Child 2 – A group for children ages 6-9 whose loved one died.

Child 3 - A group for children ages 10-12 whose loved one died.

Teen – A group for teens whose loved one died.

Grief Group B

Parent/Sibling/Other Significant Relationship – A group for adults dealing with the death of a parent, sibling, or other significant family/friend.

Child loss under 18 – A group for those whose child died under age 18.

Child loss over 18 – A group for those whose child died over age 18.

Reproductive loss – A group for those who have a child loss through miscarriage, stillbirth, or infertility.

Virtual Support Group – A group for adults anticipating the death of their loved one or whose loved one has died. This group meets via zoom.

Child 1 – A group for children ages 3-5 whose loved one died.

Child 2 – A group for children ages 6-9 whose loved one died.

Child 3 - A group for children ages 10-12 whose loved one died.

Teen – A group for teens whose loved one died.

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