

*I share with you the agony of  
your grief,*

*The anguish of your heart finds  
echo in my own.*

*I know I cannot enter all you  
feel*

*Nor bear with you the burden  
of your pain;*

*I can but offer what my love  
does give:*

*The strength of caring,*

*The warmth of one who seeks to  
understand*

*The silent storm-swept  
barrenness of so great a loss.*

*This I do in quiet ways,*

*That on your lonely path*

*You may not walk alone.*

*~From Meditations of the Heart*

*Howard Thurman 1953*



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## NEWLY BEREAVED SUPPORT PROGRAM



## **SUPPORT FOR THE NEWLY BEREAVED**

The weeks and months following the death of a loved one may be chaotic, painful and confusing; life will never be the same. This time may be filled with feelings and reactions we don't understand or know how to deal with. We may be too numb to feel anything. A death may have happened some time ago, but the pain of loss might be too intense to face immediately. TRU Community Care Grief Services provides a group setting to help bring some understanding to the recently bereaved and to others beginning the grief process.

Sessions include information about grief, support to determine your own needs and coping skills, and time to share experiences. Handouts will provide additional material that can be shared with others.

### **FACILITATORS**

Sessions are led by experienced group facilitators, who provide information and understanding, in an atmosphere of safety, support and acceptance.

### *An Introduction to Grief*

*The loss of a loved one is a shattering experience. All parts of our being -- body, mind and spirit -- respond to the stress of loss. Moving through the complex and confusing responses to grief requires understanding and support. While intense feelings and reactions are normal during this time, they often make us feel that we are going crazy. The support of others who have had similar experiences and losses is one of the most valuable ways to recognize and honor our own needs, and to learn what skills we have to navigate through this time.*



## **WHO IS THIS GROUP FOR?**

Anyone who has suffered the death of a loved one is welcome to attend the group. This group is designed for people who have experienced a death loss within the past 4 months. Phone intakes for this group are conducted so that we can ascertain and serve the immediate personal needs of each potential member and make sure that the group is the best fit for your loss situation.

### **WHEN AND WHERE?**

Sessions begin each month. Meetings are held at the same time every week for four weeks in a row. Sessions are two hours in length each week. Groups are held in our various TRU Community Care locations.

### **REGISTRATION**

Pre-registration is required. Enrollment is limited, so we suggest early registration to ensure space. We will contact you with specific information about starting date and location.

Download and complete registration form at [www.TRUCare.org](http://www.TRUCare.org)

For more information please contact:

**TRU Community Care  
Grief Services  
(303) 604-5300  
[griefsupport@trucare.org](mailto:griefsupport@trucare.org)**