

The Seasons of Life Bereavement Support Group realizes it is important to promote healing through understanding and education. We also believe it is important to help people work through their grief and readjust to life by **mutual support** and **encouragement**.

People who attend these meetings will find other people who have gone through many of the same experiences. Participants can feel comforted by listening and sharing their personal stories. The group meets once a week for eight weeks.


There is no cost to attend. The group will meet at 6 p.m. on Monday nights at Community Health Professionals of Paulding, 250 Dooley Dr., Suite A. To register or for more information, call 419-399-4708 or 1-800-417-9293.



## Seasons of Life Bereavement Support Group

For more information please contact:



  
**Community Health Professionals  
of Paulding**  
250 Dooley Dr., Suite A, Paulding, OH 45879  
**(419) 399-4708**

  
**Community Health Professionals  
of Paulding**  
250 Dooley Dr., Suite A, Paulding, OH 45879  
**(419) 399-4708**



# Seasons of Life

## An eight-week cycle Bereavement Support Group

- Session 1**
- Group introductions
  - Discussion of group's purpose and what each member would like to get out of the group
  - Discussion on confidentiality and that this is a safe environment for sharing
  - Discuss the ten stages of grief
  - Participants invited to describe their situation involving their loss
- Activity(Session 1)--Bring in photo albums, scrapbooks or photos for next session
- Session 2**
- Discuss concept of loneliness and aloneness
  - Share memories from photos, albums and scrapbooks
  - Discuss commonality of experiences and what members miss the most and least about their loss
  - Discuss what being a single person in a couple-oriented society is like
- Session 3**
- Discuss the sense of feeling deprived financially, socially, sexually, physically, and emotionally
- Discuss feelings and how members have dealt with their experiences
- Activity (Session 3)--Members write down two types of deprivation and when they experienced them
- Session 4**
- Discuss how losses are linked to gains
  - Discussion of growth coming out of pain
  - Discussion on freedom of not having to adhere to a schedule any longer
- Activity (Session 4): Share examples of, "What I can do or am I learning to do now, that I could not do before?" Give examples of freedoms you are experiencing.
- Session 5**
- Discuss the new sense of freedom and choice
  - Discuss member's change in responsibility and information on community resources relative to their concerns
- Activity (Session 5)--Express "Who am I?" and "What do I enjoy?" Discuss the changes in yourself and the activities you now enjoy as opposed to before.
- Session 6**
- Discuss life changes and new relationships
  - Discuss anxiety about changes, guilt about feeling happy with new changes, and how new relationships may be a way to avoid grief
- Activity (Session 6)--Members will project one month, six months and one year into the future:
- a. Where will I be living?
  - b. How will be spending my time?
  - c. Who might I be spending my time with?
  - d. How am I feeling about these changes?
- Session 7**
- Discuss the meaning of life in general and members feelings of their sense of purpose
- Activity (Session 7): Participants will journal how they would like to be remembered when they die.
- Members discuss their feelings about the activity
- Session 8**
- Discussion on the "Signs of Recovery"
  - Discussion on the group ending and what has been left unsaid
- Activity (Session 8)--Members will express an appreciation and a regret statement about what the group has meant to them
- Discussion on the *New Morning* group and an invitation to move on to that group