

# Grief Support Groups

## March / April / May 2021

Please limit your group selections to no more than two. A Grief Counselor will then reach out to you to assess readiness for group participation. Your request will be complete after submission of all required consent forms. Visit [www.capitalcaring.org/grief-support](http://www.capitalcaring.org/grief-support) for information.

## Loss of Spouse or Partner

### Loss of Spouse Support for Those Who are Still Working: Drop-In Group

*This group offers a supportive environment for widowed persons who are still working to share their grief experience, receive grief education and move forward in their grief journey through an interactive group format. This groups is for persons whose loss occurred at least 3 months prior and are not participating in other groups.*

**Date/Time:** 2<sup>nd</sup> & 4<sup>th</sup> Mondays monthly; 6:30-8PM

**Counselor:** Karen Tyner, LCSW

### Loss of Spouse or Life Partner: Drop-In

*The death of a spouse can be devastating and riddled with overwhelming emotions and changes. This support group provides a safe space to share your story and gain support from others who have experienced a similar loss. We use different aspects of spirituality and identify other coping mechanisms that help with the grieving process (ex. music, scripture, reflections, quotes, etc.).*

**Date/Time:** 4<sup>th</sup> Tuesday monthly; 10:30AM-12PM

**Counselor:** Shannon Collier, MA, MS; Paulette Davidson, BSW,MDiv

### Mourning a Spouse/Partner: 6-Week Group

*The death of a spouse/partner is heartbreaking at any age. This group is a space to explore your unique experience among a diverse group of peers. Some discussion topics include education on grief symptoms, identity adjustment, missing intimacy, changing household roles/responsibilities, relationship review, family dynamics and continued connection. Open to persons three or more months out from date of death.*

**Date/Time:** Tuesdays, April 6-May 11; 3-4:30PM

**Counselor:** Chesley Simpson, LCSW and Shannon Collier, MS, MA

## Loss of Child

### Helping Hearts: Loss of Child at Any Age: Drop-In Group

*This group will discuss the loss of a child at any age from any illness or accidental death. The group will start and end with positive messages of affirmation bringing a renewal of hope, sense of purpose and well-being.*

**Date/Time:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays monthly; 6-7:30PM

**Counselors:** Roxanne Browning, MSW  
Group limited to 15 participants.

## Adult Loss of Parent

### Loss of Parent for Adults: Drop-In Group

*Your parent is irreplaceable regardless if they were your parent by birth, adoption or by circumstances. Finding comfort and sharing life stories with other adults who have experienced the loss of a parent, at least 3 months prior to joining the group, can be a beneficial part of the healing process with grief and loss.*

**Date/Time:** 1<sup>st</sup> & 3<sup>rd</sup> Mondays monthly starting April; 6:45-8PM

**Counselors:** Roxanne Browning, MSW

## For Children & Teens

### Altered Books with Teens Ages 13-18: 6-Week Group

*The process of making art through creatively altering a book can be healing, hopeful, and helpful in processing the death of a parent or guardian. No art experience necessary. Participants should bring an old book suitable for repurposing. Participants should be at least 3 months out from their loss and must be able to commit to that timeframe.*

**Date/Time:** Mondays, March 8 - April 12; 4-5PM

**Counselor:** Jennifer Baldwin, LCPAT, ATR-BC

### Family Caring Circle for All Ages Workshop

*A family-friendly support workshop that uses art and activities to educate about grief, express grief feelings, and remember loved ones we have lost at least 3 months prior to the workshop. Children should have a parent/guardian attend with them.*

**Date/Time:** March 18; 6:30-8PM

**Counselor:** Monica Delaney, LPC, ATR-BC

### Caring Circle for Children Ages 8-12: 6-Week Group

*This group will use art, games and activities to share grief experiences, learn coping skills, and connect with other bereaved children who have also lost a parent/guardian/sibling/good friend at least 3 months prior to the start of the group.*

**Date/Time:** Mondays, Mar 22-April 26; 4-4:45PM

**Counselor:** Mary Beaven, LCSW

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### Book Clubs

#### Read Away the Winter Blues: A Book Club for the Bereaved

*This group will read and reflect on the following biographies to find inspiration, comfort and healing from grief and loss. These biographies offer themes of grief, resiliency and strength, overcoming obstacles, and finding purpose. This group is for adults whose loss is between 3 months prior to the first meeting up to 2 years.*

**Book/Date/Time:** Finding Chika, A Little Girl, Earthquake and the Making of a Family by Mitch Albom; March 28, 2021; 2 PM

**Counselors:** Roxanne Browning, MSW  
Limited to 15 participants.

#### Book Study for Adults: It's OK That You're Not OK by Megan Devine: 4-Week Group

*Grief can leave you feeling alone and isolated in a world that seems strange. The subtitle of this book is Meeting Grief and Loss in a Culture That Doesn't Understand. We will explore the vast emotions of grief and how to navigate your environment.*

*Participants will be asked to acquire and read a portion of the book before the sessions begin.*

*Participants should be at least three months out from their loss and be able to attend at least three of the sessions.*

**Dates/Time:** Wednesdays, April 14-May 5; 2:30-4PM

**Counselors:** Allison Patrick, MSW and Chesley Simpson, LCSW

### Educational Grief

#### Faith, Death and Mourning for Adults: 4 Session Series

*The grief journey is unique for each person and learning from other viewpoints can help guide you along the spiritual aspects of loss. Each session will focus on a specific religion's view of death, mourning beliefs, rituals and the afterlife. The series will be led by Chaplain Carla Thompson, MDiv.*

**Date/Time:** 2<sup>nd</sup> Thurs monthly Mar-June; 2-3:30 PM  
**Counselor:** Chesley Simpson, LCSW

#### Grief for Newly Bereaved Adults: Workshop

*Not sure if you're grieving correctly? Feel like you're going crazy? You will learn about some of the common reactions in grief, how grief affects you, the tasks of grief, and taking care of yourself in your grief journey. For adults whose loved one has died within the last 6 months.*

**Date/Time:** Select one date - Saturday, March 27 or April 24 or May 22 or June 26; 10AM-12PM

**Counselor:** Karen Tyner, LCSW

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### Novel Grief Support

#### Not Alone: Grief Support for Loss Due to Dementia: Drop-In Group

*When we lose a loved one to dementia, it is as if we lose them twice. This group for adults, help in concert with the Insight Memory Care Center, is meant to address the unique quality of grief that loss to dementia can bring.*

**Date/Time:** 1<sup>st</sup> Tuesday monthly, 2–3PM

**Counselor:** Mike Ridge, LCSW

#### How Do We Mourn: A Support Group for a Loss Due to COVID-19 by Death, Decline/Illness, Finances or Spirit: Drop-In Group

*A support group for adults for losses relating to COVID-19 as a result of death (the bereaved), decline or illness, financial impact or spiritual suffering. For the last 15 minutes of the support group, a guided imagery and/or meditation will be provided to encourage wellbeing.*

**Date/Time:** 2nd & 4th Mondays monthly through March; 6:45–8PM

**Counselor:** Roxanne Browning, MSW  
Group limited to 15 participants

#### Paws to Remember: Pet Loss Drop-In Group

*A companion animal can play a very important role in our lives and their loss can be profound. Join this compassionate and empathetic space to be supported as you grieve your beloved pet. Share your story and connect with others who understand your grief. This group is intended to offer comfort to grieving animal lovers age 18 and older who have experienced the loss of a pet in the last six months.*

**Date/Time:** 2<sup>nd</sup> Mondays monthly; 11–12PM

**Counselors:** Kristi DiFilippo, LCSW, Sarah Berry, MSW

#### Professional Caregiver Grief Processing & Needs Identification: Drop-In Group

*Professional caregivers and/or frontline workers are dedicated to caring for others. This group reminds you to care for yourself. Join this supportive space to process patient and healthcare system-related grief experiences and identify your personal needs.*

**Date/Time:** 4<sup>th</sup> Friday monthly; 8–9AM

**Counselors:** Shannon Collier, MA, MS

#### Grief Through the Lens of European Art: Workshop

*Grief and suffering have long been portrayed in the arts. Join us in studying the works of Pieter Breughel the Elder and W.H. Auden as together we reflect on human suffering, loss and indifference; for adults.*

**Date/Time:** March 18; 2:30–4PM

**Facilitators:** Carla Thompson, MDiv and Chesley Simpson, LCSW

#### Artful Grief: Continuing Bonds Through Memory Making: Workshops

*Continuing bonds with a loved one is an important aspect of the healing grief journey. These workshops for will use artmaking to learn how to creatively explore this special connection. In each workshop participants will learn about and engage in a creative memory making art task. Attend the workshop(s) that interest you. Workshops will be led by a Capital Caring Health grief counselor and GWU Art Therapy Graduate students. Participants will use common household supplies and simple art materials to complete each art directive. No artistic experience necessary. Supply list will be provided. For adults 18+ who are three or more months from the death of their loved one.*

**Date/Time:** Memory Box, April 10; 12:30–2:30PM

Memory Wall Tile, April 17; 12:30–2:30PM

Shrine, May 1; 12:30–2:30PM

**Counselor:** Jennifer Baldwin, LCPAT, ATR-BC

#### Collage and Grief for Adults: Using Imagery to Make Meaning: 6-Week Group

*Grieving involves a variety of different emotions and can be overwhelming at times. Nobody enjoys dealing with these emotions, but they are necessary and a reaction to a larger adjustment process: understanding life without this significant person. Engaging in collage work to actively explore feelings of grief can be powerful and provide a conduit for transformation. During this group, we will visually and creatively explore topics of grief through the lens of collage making. Let us know if you need us to provide any of the following materials for this group: magazines, scissors, glue, any size white paper. For adults 18+ who are three or more months from the death of their loved one.*

**Date/Time:** Thursdays, May 6– June 10; 4–5:30PM

**Counselor:** Jennifer Baldwin, LCPAT, ATR-BC and Jennifer Lanouette, LCSW