

One of the most important things to know about the grief experience is that everyone copes differently. This can be even more complicated in families when each person has their own way of coping and it's not always the same. We want to encourage you to find your own way and not be afraid to communicate with your family and friends so they can better understand how to support you. Grief is one of the most stressful life experiences and can challenge even those with the best coping skills.

Coping mechanisms are the actions people use to deal with change. To assess how you usually cope with stress, ask these questions of yourself:

- How do I usually react when things get rough?
- In the past, what have I done in dealing with other losses or similarly stressful situations?
- Are those ways of dealing with stress adequate for me now?
- What kind of new ways can I find to relieve my stress?

Enclosed is an article titled "Developing Your Own Resources for Coping" for you to use as best you can. Put it in a place where you can refer to it when you are depressed or anxious. There may be times when you are just too "down" to remember new or creative ways to handle stress. If you have ideas available to you on paper, it may be easier to take action or work yourself out of a depressed period.

Time may lessen the initial intensity of grief, but time alone is not enough to heal the deep wounds of loss. You may need to consider taking a more active role in developing new ways of coping and expanding your personal support network. Please remember we are here to support you during this time through a variety of groups including On Our Own, Living with Loss and several art-based groups.

Sincerely,

Tamy Brammer-Diller
Sharon Harris *Danella R.*
Forrest *Amanda Hillman*
Janet Stevens

Children & Teen Groups and Events

Kids, Horses & Healing

This group is a therapeutic riding retreat for bereaved children and teens and is a collaboration between Pathways and the Hearts and Horses Therapeutic Riding Center in Loveland.

Please call for more information. Scholarships are available and registration is required.

Space is limited, please register early. \$80 per child.

Meets Sunday, June 13, 10:00 a.m. - 4:00 p.m.

Camp HOPE - A day of summer grief support for kids!

Pathways Camp HOPE is both fun and supportive. Kids will connect with other grieving kids, share their stories and find support through music, art, movement and games. This has been a very difficult year, only adding to the grief they are going through. Camp HOPE's goal is to let kids express their feelings creatively, with lots of support. We'll provide resources and ideas for helping children cope with their grief and any upheaval in their lives. Our experienced team of grief counselors, art therapists, and music therapists will lead each activity.

No charge, registration is required. Space is limited, please register early.

Saturday, July 17, 9:00 a.m. - 3:30 p.m.

**Registration is required for all groups. Please call or visit www.pathways-care.org.



ADULT VIRTUAL SUPPORT GROUPS

****Link for the group will be sent following registration. No cost to attend.**

Art Journaling for Healing

This group is for adults grieving that would like to explore using art and writing as a process of self discovery and healing. This is an open art group. Each month the facilitators will provide a quote or inspiration to help prompt your own personal journey into art and writing. Our intention is to create an opportunity for you to make meaning of your own stories of love and loss through creativity and group support. Please have your own journal and materials ready for the online group session or reach out to Pathways if you would like us to send you a journal to use.

Meets the first Tuesday of each month, 10:00 a.m. – 12:00 p.m. May 4, June 1, July 6, Aug. 3, Sept. 7

Support Group for Parents with Grieving Children

This support group is for parents with school-aged children who have had a death in the family. With increased demands on parents adjusting to work at home and online school, we understand that grief adds another layer of complication to parenting. Please join other parents who are coping with similar issues in a supportive, therapeutic environment.

Meets the third Wednesday of the month, 7:00 p.m. – 8:00 p.m. May 19, June 16, July 21, Aug. 18

Caregiver Support Group

Caring for an ill loved one is one of the hardest jobs in the world. Join us to build strength through support and connection with others in similar situations.

Meets the second Tuesday of the month, 1:00 p.m. - 2:30 p.m. May 11, June 8, July 13, Aug. 10, Sept. 14

Healing Hearts

This group is offered to adults grieving who are noticing a need to create more self-care in their lives.

Meets the third Tuesday of the month, 10:00 a.m. - 12:00 p.m. May 11, June 8, July 13, Aug. 10, Sept. 14

ADULT SUPPORT GROUPS

The following groups will begin to meet in person with COVID precautions beginning in June 2021. If COVID restrictions increase or we are unable to meet in person, we will contact prior to moving online.

Men's Support Group

This discussion group is for men who have experienced loss and will address the issues that men experience when grieving.

Meets the first Wednesday of the month, 6:30 p.m. - 8:00 p.m. June 2, July 7, Aug. 4, Sept. 1

On Our Own

A widowed person's discussion group. This ongoing group offers an opportunity to find practical guidance and hope after experiencing the death of a spouse.

Meets the second Wednesday of the month, 1:00 p.m. - 2:30 p.m. and 6:30 p.m. - 8:00 p.m. May 12, June 9, July 14, Aug. 11, Sept. 8

Living with Loss

This support group is for anyone coping with the loss of a loved one. Attendance at all four sessions and registration is required. Cost is \$30. There is no cost to Pathways hospice family members. Call for details.

Meets Thursdays, 5:30 p.m. - 7:00 p.m.

May 6, 13, 20, 27; June 3, 10, 17, 24; July 1, 8, 15, 22; Aug. 5, 12, 19, 26; Sept. 2, 9, 16, 23

****Registration is required for all groups. Please call or visit www.pathways-care.org.**