

Pathways for Grief & Loss



Adult Support Groups

Registration is required online at www.pathways-care.org. While there is no cost to attend these groups, we do suggest a donation of \$10 per group.

Virtual 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 virtually the 1st & 3rd Tuesday of the month, 1:00 p.m. - 2:30 p.m.
(Aug. 1, 15, Sept. 5, 19, Oct. 3, 17)

Note: This group is being co-sponsored by Pathways and Colorado Visiting Nurse Association (CVNA) registration is via the CVNA website www.vnacolorado.org

On Our Own

This ongoing group offers an opportunity to find practical guidance and hope after experiencing the death of a spouse or life-partner.

Meets on the second Wednesday of the month, 1:00 p.m. - 2:30 p.m. (Aug. 9, Sept. 13, Oct. 11)

Support groups with a nominal fee

Living With Loss

This group is for anyone coping with the loss of a loved one.

Attendance at all four sessions is required. Cost is \$60.

A new group begins each month. Meets the first four Thursdays of the month.

Aug. 3, 10, 17, 24; 5:30 - 7:00 p.m.

Sept. 7, 14, 21, 28; 3:30 - 5:00 p.m.

Oct. 5, 12, 19, 26; 5:30 - 7:00 p.m.

Kids, Horses & Healing

October 8; 10 a.m. - 3 p.m. \$80 per child

This group is 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.

Grieving after losing a loved one is an emotional and painful process.

Our counseling and creative therapies are available to assist through the confusing and overwhelming emotions that arise during such a difficult time. We are here to help guide those in need through the healing process, regardless of age or financial situation.

Pathways for Grief & Loss

Dear Pathways Bereaved Family Member,

Talking with a trusted friend is a good way to deal with the feelings of loss and grief. However, there are times when a supportive person is not available. Who do you talk to in the middle of the night when you have been tossing and turning restlessly for hours, or at 5:00 a.m. when you are unable to get back to sleep? There may also be times during the day when you feel too confused or upset to speak to anyone else about your feelings. In such circumstances, writing about your thoughts and feelings may be helpful.

The enclosed information may help guide you in keeping a personal journal. If you are someone who finds writing a natural mode of expression, you may already be keeping a journal. However, if you find writing to be difficult, learning a few simple techniques can make a big difference. Remember, if you do keep a journal, it is for you alone and no one else needs to read it. Writing can be a valuable tool in helping you to "work" through those thoughts and feelings which can ultimately lead to healing. Writing can help.

Please remember that you can contact us with your concerns, questions, or comments at any time. We'd also like you to know we offer support groups several times a year. Feel free to call if you'd like more information about these groups or visit our website.

Sincerely,

Kimberly Brightheart
Myia Jenkins

SPECIAL EVENTS

Kids, Horses & Healing

Sunday, Oct. 8
10 a.m. - 3 p.m.

This group is 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

