

Grief Notes

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Grief Support Groups by Linda Hopkins, Bereavement Coordinator

Attending a support group is one way people cope with grief. A support group meeting provides the opportunity to have a conversation with others who are grieving. The group facilitator will help get the group started and stay on track. You may want to talk. You may want to listen. The facilitator will help with this. We will agree to keep confidential what is shared in the group and to be respectful of one another. All of us want a support group to be a safe place.

There are many reasons to come to a group. It is okay to try it out once or twice to see if it feels helpful. Some come wondering how others are handling problems of grief and wondering if their feelings are normal. Others come because they want to learn more about the grieving process. Sometimes they feel their family and friends are tired of their grief or do not know how to be present with their grief.



Here are some of the most discussed topics:

- Loneliness
- Crying and sadness
- Anger
- Guilt and regret
- What to do with personal possessions
- How long will grief last?
- The things people say!
- What helps?

Many are unsure about attending a group. Most people do not come to a group until a few months have passed, but this is very individual and something you can discuss with the group facilitator. While there are often tears, there is also often laughter. Some find a support group is the most useful thing they do to help themselves with their grief.

You can discuss a group with your Bereavement Coordinator and these mailings have group schedules on them. We are also available for individual support by phone, Zoom, and visits.

Words from a helpful book:

“One of the things so astonishing and costly about losing a loved one is that, while the sun continues to rise and set, newspapers continue to be delivered, traffic lights still change from red to green and back again, our whole life is turned around, turned upside down...Those who have had their own experiences of loss will probably be our most helpful guides—knowing when to say the right word, when to be silent and walk beside us, when to reach out and take our hand.”

- from *Healing After Loss — Daily Meditations for Working Through Grief* by Martha Whitmore Hickman. This book has been highly recommended by many grieving people.