
List of Handouts & Assignments

SESSION 1: GROUP PROCESS, GRIEF, MOURNING AND RECONCILIATION

- ☐ Ground Rules
- ☐ Reconciliation of grief
- ☐ Spiritual journaling
- ☐ You & I
- ☐ Common feelings
- ☐ Self-care assignment: Self-care planner

SESSION 2: COMMUNICATING WITH FAMILY & FRIENDS

- ☐ Please listen
- ☐ Empowerment
- ☐ Please see me through my tears
- ☐ Companion
- ☐ Self-care assignment: Journaling

SESSION 3: CONFRONTATION VS ESCAPING GRIEF

- ☐ The photo album of my mind
- ☐ Self-care assignment: Meditation

SESSION 4: CARING FOR YOURSELF

- ☐ Life quality inventory check
- ☐ Controlling stress with your calm scene
- ☐ Self-care assignment: Creating your calming space

SESSION 5: ANGER

- ☐ Hidden anger
- ☐ Anger quotes
- ☐ How to safely process anger
- ☐ Self-care assignment: Forest therapy

SESSION 6: GUILT

- ☐ Guilt
- ☐ Regret & guilt
- ☐ Self-care assignment: Hug Therapy

SESSION 7: RECONCILIATION

- ☐ What I need
- ☐ Griefwork & boundaries
- ☐ Reconciliation
- ☐ Grief & medication
- ☐ Self-care assignment: Laugh therapy

SESSION 8: TURNING PAIN INTO PURPOSE

- ☐ Give joy
- ☐ Turning pain into purpose
- ☐ From despair to hope
- ☐ As we close
- ☐ What now?
- ☐ The holidays
- ☐ God's script
- ☐ Self-care assignment: Mindful exercises for self care