

2021 Calendar of Virtual Sessions



Parent and Caregiver Group

Date	Curriculum Title	Topic	Description
January 25	You & Your Loss	Identifying Your Loss (Intro to Grief)	What is Grief? We will look at the grief process, its impact on our lives, and effective ways to cope.
February 8	Grieving for our Losses	Grieving Your Loss	All reactions to grief are normal, natural, and necessary. What is your unique reaction?
February 22	Grief & Relationships	Primary and Secondary Losses	Grief affects all aspects of our lives. We experience additional losses resulting from the pain of our primary loss. We will explore the impact loss has on relationships, roles, expectations, hopes, and dreams.
March 8	Grief & Mourning	Grief vs. Mourning (There's a difference?!)	Grief is what we feel on the inside, and mourning is how we express it outside ourselves. Both are important, and lead to successful healing.
March 22	Coping with Loss	Grief is Painful, How Do We Cope?	Grief causes pain and sorrow but is a necessary part of the process. Developing positive and effective coping strategies is key to moving toward healing and growth.
April 5 (Spring Break)			
April 19	Grief & Stress	Grief and Stress: Taking Inventory	Grief can be exhausting and cause additional stress and anxiety in our lives. We will explore effective strategies to manage stress.
May 3	Grief, Worry, & Fear	Grief and the Unknown: Processing Worry and Fear	How does worry interfere with your daily life? Grief makes us feel unsettled, unsure, and unstable. How can we escape or avoid the downward spiral of "what ifs" and worst-case scenarios? We will explore and learn to exercise strategies to calm worry and fear.
May 17	Grief, Anger, & Hurt	Why am I Angry? –	Anger can act as a mask for deeper feelings like fear, guilt, or shame. Understanding the root of our anger

		Understanding Anger Through Grief and Hurting	<p>helps us control the anger rather than allow it to control us.</p> <p>We will discuss anger as it relates to grief and explore effective approaches to cope.</p>
May 31	Self-Care & Support	Surviving Grief: What Do I Need?	<p>What does your support system look like? Grief is ongoing, and we can't survive it alone. We need to be kind and patient with ourselves and not be afraid to ask for help.</p> <p>We will discuss the importance of self-care and learn techniques to practice.</p>
June 14	Grieving & Growing	Growing Through Grief	<p>Loss changes us forever, and we cannot escape grief or reverse the loss. Instead, we learn to make room for it in our hearts.</p> <p>We will reflect on the healing that has taken place since the loss and explore more ways to help us heal and grow.</p>