



# GRIEF AND LOSS

SUPPORT GROUP

## WEEKLY OUTLINE

**Week 1: What is grief and loss? What are the usual physiological and psychological responses?**

**Week 2: Different types of losses: from loss of a relationship to death**

**Week 3: Stages of grief: Is it really linear? What is normal?**

**Week 4: How do I help myself? Asking for the help you need...**

**Week 5: Dealing with anger**

**Week 6: Existential thoughts and WHY??**

**Week 7: Making my new "NORMAL"?!**

**Week 8: Finding peace again**

## GROUP FORMAT

**10-15 min: "What to expect today"**

**15-30 min: Check-in with those who would like to speak.**

**20 min: Presentation by Katrina.**

**20 min: Time for processing information.**

*Enduring a serious loss can be a new and bewildering experience. Whether by death or some other event or situation, the grief that results can be very difficult to navigate. We often don't know if what we are feeling is "normal", what to expect and what "to do" about it. If you have found yourself wanting help to process grief and loss, please consider joining us for this 8 week long, weekly led, 1.5 hour support group, starting Thursdays, March 7th, 6:00-7:30 pm at the Core Values Counseling office conference room. Class will be facilitated by Katrina Berquist, former hospice nurse.*

**503 869 8108**  
[corevaluescounseling.com](http://corevaluescounseling.com)



**3000 NE Stucki Avenue**  
**Suite 230**  
**Hillsboro, OR 97124**