

# Group 2:

*Facilitator's Guide to Mending Hearts After Loss Groups*  
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## OVERVIEW & PURPOSE

Enable participants to create their own personal foundation for this journey and build their inner resources to cope with it.

## OBJECTIVES

1. Develop a foundation for healing based on strongest values.
2. Help participants understand how to weave their values into their day to day experience.
3. Strengthen self care and build internal resources.

## MATERIALS NEEDED

1. Download group 2 worksheet or have 5 index cards plus paper or notebook/journal.
2. Candle or other memento for starting each group as a way to honor and connect to their child/ren.

## MATERIALS PROVIDED

*These may be audio, video, or pdf downloads. You may choose to screen share videos, send participants links or use info in videos to weave into groups.*

1. Group 2 worksheet
2. Light over wound audio
3. Using your North Star video
4. Easing into Grief video

## ACTIVITY

*Activities you can use during group sessions, you can shorten, omit, or add to any of them. Facilitator may wish to play soothing music while participants work on these.*

- **North Star exercise**
- **Moments of comfort and Hope exercise**
- **Affirmations**

## Ending Ritual

Last 15-20 min. Close group with ritual of asking each member what their biggest takeaway is from today's group and what they want to remember in the coming week and review which things they will commit to trying this week. Close with a breathing exercise (4x4), or guided meditation depending on time. Meditation audios are provided for you. There are some scripts as well. You can play them or read script.