Group 1: My heart hurts

Facilitator's Guide to Mending Hearts After Loss Groups
Created and written by Tara May, PhD.

OVERVIEW & PURPOSE

Give participants an overview of the grief process, their biggest challenges, and instill hope.

OBJECTIVES

1. Develop a sense of connection among group members.
2. Help participants understand how grief is showing up for them.
3. Identify their core truths.
4. Facilitate a sense of hope for healing.

MATERIALS NEEDED

1. In person: Notebook or journal for group and writing implement (for in person or virtual)
2. If virtual: Computer and Zoom, in addition to notebook/journal.
3. 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

1. Dear Friends and Family sample pdf.
2. Journal Prompts.
3. 3 Steps to healing Video by Tara May (youtube)

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 journal.

- **Biggest Challenges**. Take 2 minutes to journal about your biggest challenges right now as it relates to your loss(es). Allow time for each participant to share at least 1 challenge.
- **Hope**. Take 2 minutes to write down where you hope to be in 12 weeks from now at the end of this group. Then write down where you hope to be in 1 year from now. Allow time for each participant to share at least 1 hope.
- **Support**. (can do in group time permitting) or give as HW
    a. Who do I turn to when I feel…
    b. This week, I will focus on taking care of my body, mind and spirt by…
    c. I feel most supported by…

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. 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.