

Group 12: Embracing Life & Love

Facilitator's Guide to Mending Hearts After Loss Groups

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OVERVIEW & PURPOSE

Support participants in consolidating their new learning, building on new and existing strengths, and harnessing their support so they can live alongside their loss. **OBJECTIVES**

1. Clarify personal strengths
2. Build internal resilience
3. Goodbye ritual
4. Harnessing support from the group.

MATERIALS NEEDED

1. Download group 12 worksheets (there are 4, review ahead of time to decide which you want to focus on).
2. Guided visualization script
3. Journal Prompts
4. Paper/pencil/pen

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 12 worksheet-gratitude
2. Group 12 worksheet-resilience 1
3. Group 12 worksheet-resilience 2
4. Group 12 worksheet-resilience 3
5. Guided Visualization
6. Journal Prompts

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.

- 4 Worksheets for this group 12
- Group brainstorming around ways to bring in gratitude, light, and positive changes
- Goodbye ritual for group
- Guided Visualization
- Journal Prompts

Ending Ritual

Last 15-20 min. Close group with ritual of asking each member what their biggest takeaway is from the program, and be sure to clarify any further contact.