

Group 7: Creating Connections

Facilitator's Guide to Mending Hearts After Loss Groups

Created and written by Tara May, PhD.

OVERVIEW & PURPOSE

Support participants in understanding and managing their feelings of grief/loss, while offering ideas on ways to manage and continue to work through their grief.

OBJECTIVES

1. Understanding the importance of maintaining connection.
2. Create tangible items to enhance connection (e.g. memory box or other item).
3. Enhancing spiritual connections.

MATERIALS NEEDED

1. Download group 7 worksheet.
2. Highlight unique aspects of each child/pregnancy
3. Crafting supplies for memory item to decorate (could be box, frame, canvas) and paints, glue, glitter, feathers etc.
4. Paper and markers/pencils or paints for “special place in heart”

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 7 worksheet
2. Directions to art exercises

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.

- Worksheet 7
- Group brainstorming around creating memory boxes/items
- Group exercise: Create memory boxes/items
- Group exercise: drawing a picture of child in your heart.

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 scripts.