

# Group 10: Managing Holidays and Anniversaries

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

Support participants in preparing for and managing grief bursts around holidays and anniversaries.

## OBJECTIVES

1. Identifying holidays and anniversaries as triggers
2. Normalize the experience of grief worsening around these times.
3. Plan for how to approach and get through.
4. Build new resources for handling these situations.

## MATERIALS NEEDED

1. Download group 10 worksheet.
2. 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 10 worksheet
2. Group brainstorming for listing anniversaries/holidays
3. Group brainstorming for ideas of how to handle them.
4. Script for building resources.

## 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 10
- Group brainstorming around ways we might handle anniversaries/holidays
- Group brainstorming around ways we can honor our child.
- Group exercise: script on building resource

## 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.