

# The Needs of Mourning

September 25, 2019

October 30, 2019

November 27, 2019

December 18, 2019

January 29, 2020

February 26, 2020

(Attend all, some, or one session)

When: 6-7pm

What: Monthly Grief Support Group Open to Public

Where: The Center for Active Generations

## 9/25-Acknowledging the Reality of the Loss

*This first need of mourning involves gently confronting the reality that someone you care about will never physically come back into your life again.*

*Whether the death was sudden or anticipated, acknowledging the full reality of the loss may take weeks and months. To survive, you may try to push away the reality of the death at times.*

## 10/30-Embracing the Pain of Loss

*This need of mourning requires us to embrace the pain of our loss—something we naturally don't want to do. It is easier to avoid, repress, or deny the pain of grief than it is to confront it, yet it is in confronting and expressing our pain that we learn to reconcile ourselves to it.*

## 11/27-Remember the Person Who Died

*Do you have any kind of relationship with someone after they die? Of course. You have a relationship of memory. Precious memories, dreams reflecting the significance of the relationship, and objects that link you to the person who died (such as photos, souvenirs, etc.) are examples of some of the things that give testimony to a different form of a continued relationship.*

## 12/18-Develop a New Self-Identity

*Part of your self-identity comes from the relationships you have with other people. When someone with whom you have a relationship dies, your self-identity, or the way you see yourself, naturally changes.*

## 1/29-Search for Meaning

*When someone you love dies, you naturally question the meaning and*

*purpose of life. You probably will question your philosophy of life and explore religious and spiritual values as you work on this need.*

## 2/26-Receive Ongoing Support from Others

*The quality and quantity of understanding support you get during your grief journey will have a major influence on your capacity to heal. You cannot—nor should you try to—do this alone.*

\*All groups facilitated by a volunteer from AseraCare Hospice.

The Six Needs of Mourning is attributed to Dr. Alan Wolfelt

<https://www.centerforloss.com/grief/six-needs-mourning/>