

Dr. Battle
Grief Support Group Schedule
2015

Group Schedule:

Group 1: **What Is Grief? 9/23/15**

(Purpose, Ice Breaker/MOVE Activity/Group Rules/Grief Cycle)

Group 2: **What Does Grief Look Like? 9/30/15**

(Grief Cycle continued/Physical Symptoms/Ball Activity/Conversation Starters)

Group 3: **Positive Supports 10/7/15**

(Paper Chain Activity/Support Map/Community Counseling Resources)

Group 4: **My Story 10/14/15**

(Describe personal loss/Before and After Drawing Activity)

Group 5: **My Memories 10/21/15 *Think about incorporating a craft***

(Writing Letters/H.W./Drawing a Picture of Something That Reminds You of The Person)

Group 6: **My Memories: Continued 10/28/15 *Think about incorporating a craft***

(Letters discussed in group)

Group 7: **Now What??? 11/4/15 *Think about incorporating Plate activity***

(Preparing for Closure/Strategies/Resources) ***Think about incorporating Circle of Control/positive/negative things that add to your life or take away from your life***

Group 8: **Group Celebration 11/11/15**

(Balloon Activity/Distribute Journals)

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