

## **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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