



Grief Support Group A
Spring 2025
Time 6:30pm-7:30pm

Date	Topic
Tuesday, January 21, 2025	The Grief Journey
Tuesday, February 4, 2025	My Grief Story
Tuesday, February 18, 2025	*Canceled due to severe weather*
Tuesday, March 4, 2025	Exploring Death Within the Family
Tuesday, March 18, 2025	Coping with Stress & Change
Tuesday, April 1, 2025	Anger
Tuesday, April 15, 2025	Guilt, Regret, and Shame
Tuesday, April 29, 2025	Memories
Tuesday, May 13, 2025	Self-Care & Support

Need to miss a night of group? Just let us know by emailing becca@calmwaters.org

DON'T FORGET TO RESERVE YOUR SPOT!

The sign-up link will be sent via email at noon the Thursday before each group meeting.

*For new participants please register with this QR code:



...helping children and families in their grief journey caused by death, divorce or other significant loss

501 N Walker Suite 140 | Oklahoma City, OK 73102 | 405.841.4800 | Calmwaters.org

Grief Group A

Parent/Sibling/Other Significant Relationship – A group for adults dealing with the death of a parent, sibling, or other significant family/friend.

Spouse/partner loss under 55 – A group for those whose spouse/partner has died under age 55.

Spouse/partner loss over 55 – A group for those whose spouse/partner has died after age 55.

Suicide loss – A group for adults whose loved one died by suicide.

Traumatic Loss – A group for adults who have had a loved one die in a traumatic way (e.g. sudden accident, overdose, homicide, etc.)

Child 1 – A group for children ages 3-5 whose loved one died.

Child 2 – A group for children ages 6-9 whose loved one died.

Child 3 - A group for children ages 10-12 whose loved one died.

Teen – A group for teens whose loved one died.

Grief Group B

Parent/Sibling/Other Significant Relationship – A group for adults dealing with the death of a parent, sibling, or other significant family/friend.

Child loss under 18 – A group for those whose child died under age 18.

Child loss over 18 – A group for those whose child died over age 18.

Reproductive loss – A group for those who have a child loss through miscarriage, stillbirth, or infertility.

Suicide loss – A group for adults whose loved one died by suicide.

Virtual Support Group – A group for adults anticipating the death of their loved one or whose loved one has died. This group meets via zoom.

Child 1 – A group for children ages 3-5 whose loved one died.

Child 2 – A group for children ages 6-9 whose loved one died.

Child 3 - A group for children ages 10-12 whose loved one died.

Teen – A group for teens whose loved one died.

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