

**Six Wednesday Afternoons
November 3 - December 8
2:00 - 3:30 p.m.**

Cost: \$150

A minimum of 5 and maximum of 7 participants are needed to offer this support group. Group will be offered in person (with participants fully vaccinated) or on zoom.

Please contact Brenda Gibbs prior to registering -

Phone: **306-227-7323**

Email: **livingandloss@gmail.com**

Website: **www.livingandloss.ca**

Registration deadline: **November 1**

Registration Details

There are two registration options:

- Visit our website: http://www.queenshouse.org/?page_id=4399
Participants can register and pay online
- Call Queen's House and register over the phone: 306-242-1916x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

306-242-1916

programming@queenshouse.org

For details on all programs:

www.queenshouse.org



Brenda Gibbs

As a retired school counsellor, recent entrepreneur and widow, Brenda looks forward to getting to know

those who will be participating in this support group. Brenda has a Master's degree in Counselling from Campus Alberta and Bachelor degrees in education and arts and science. She feels strongly invited to support others in their grief journey. Her experiences have taught her that dying - like childbirth - is a paradox: painful, messy, loud, and lengthy, yet inspiring, awesome, sacred and transcendent. She is a proud grandma of four fantastic children and claims to be a quilter. In her previous business adventure, she created a website and wrote blogs, articles were published, and she spoke around the province to various quilt guilds.



Taken on the grounds of Queen's House by Grant Martin.

**Bereaved Caregivers:
Living through Loss**

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Brenda Gibbs



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Bereaved Caregivers: Living through Loss

“Living Through Loss” - This is a statement of hope and renewal. Grief groups are an effective way to support those who have experienced a loss. These groups offer a safe and supportive way to break the feelings of isolation, bear witness to others, and eventually find new meaning in their lives.

Caregivers have often experienced years of anticipatory grief caused by the cumulative losses that occurs when a family is expecting a death. Now the vigil is over, and the final grief can be intense. No one grieves the same and there is no single recipe or formula to grief work. All that is needed is a commitment to do the work and grow in your grief. With grief in your heart, you will never be the same again. Yet there is hope in finding meaning and reinvesting in your future.



The Sessions

Choosing to come to a group can be an enormous act of courage. For some, the thought of sharing their sorrow and loss with strangers may feel overwhelming while others may not want to burden new people with their feelings. However, the benefits of groups show that shared experiences among what begins as “a gathering of strangers” breaks the isolation and loneliness while creating a sense of community and strength. There will be a combination of learnings during the sessions along with individual activities to complete between meetings.

Session 1: Creating a safe community and an introduction to our grief stories

A gentle introduction to create a safe place to voice your grief story is developed and nurtured throughout the sessions. The group begins with an examination of the types of loss experienced throughout a lifespan and specifically when care-taking your loved one. Developing self-care habits are encouraged and expanded throughout the sessions.

Session 2: Expressing my grief, and how it has changed over time

From the personal chronicle of your loss history, a personal examination will find conclusions and strengths you have already shown in life. How is your present grief different from when you were caretaking? This session examines the range of personal expressions of grief within the realms of emotions, body, mental and spiritual components.

Session 3: My loved one, and my personal loss

This is the most challenging and most rewarding session, as you describe your loved one to the group and discern your unique fingerprint when responding to loss.

Session 4: Where am I in my grief journey, and how do I best care for myself?

It feels good to know where you are in your grief journey. This session looks at the four tasks of grief as outlined by Dr. William Worden. Continuation of self care habits are an important part of this session. Creating a grief space in your home allows a place for honoring yourself and your loved one.

Session 5: Expanding my capacity to live through my loss

Our beliefs drive much of our behavior and thoughts. We will dive into examining beliefs and experiences to expand your capacity to live through loss.

Session 6: Looking forward

Your grief will always be within and is a testament to the depth of your attachment. Being gentle with self and caring for self are powerful ways to move into your future. Designing a caring kit and connecting with others are the final preparations as we look forward.

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