

GRIEF SUPPORT **GROUP**

CURRICULUM



6-Week Programme for Facilitators

Facilitator Tips for Every Session

- Arrive **early** (or log in early) to welcome members
- Maintain **confidentiality** and remind the group if needed
- Allow **silence** – it's a valid form of processing
- Offer **gentle prompts** rather than forcing conversation
- Be mindful of **your own boundaries** and emotional wellbeing

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SESSION **1**

Welcome + Building Trust

Theme:

Introduction + Group Agreements

Objectives:

Help members feel **safe** and **welcome**

Establish **confidentiality** and **respect**

Begin sharing **personal grief journeys**

Opening:

- **Welcome** and facilitator **introduction**
- Overview of **group purpose**
- Review and agree on **ground rules**

Discussion Prompts:

- What **brought you** to the group?
- How has grief been **showing up** for you lately?

Activity:

"Loss Timeline" – participants briefly note key moments since the loss (can be private)

Closing:

Gratitude round: share **one thing they valued** about today

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SESSION **2**

Understanding Grief

Theme:

Different **Models of Grief**

Objectives:

- Normalise **diverse** grief experiences
- Introduce **grief frameworks** (e.g., Dual Process Model, Tonkin's Model)

Opening:

- Brief teaching on **one grief model**
- Invite **reflections** on how it fits (or doesn't)

Discussion Prompts:

- How does your grief **ebb** and **flow**?
- What have you learned about **your own grieving style**?

Activity:

"Waves of Grief" drawing or journaling exercise

Closing:

Share a **grounding breath** together

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SESSION **3**

Memories + Meaning

Theme:

Remembering and **Honouring**

Objectives:

- Create **space** for sharing memories
- Explore **continuing bonds** with loved ones

Opening:

- Invite members to bring a **photo, object, or story**

Discussion Prompts:

What's a **memory** that brings you **comfort**?

How do you keep your **loved one's memory alive**?

Activity:

Group **memory wall** (physical or digital)

Closing:

Reflection on **something learned** from the person who died

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SESSION **4**

Coping + Self-Care

Theme:

Building **Resilience** in Grief

- **Objectives:**
- Share **healthy coping strategies**
- Identify **warning signs** of burnout or overwhelm

Opening:

Invite members to share one thing that's helped them recently

Discussion Prompts:

- What helps you get through **difficult days**?
- How do you balance **grief** with **everyday responsibilities**?

Activity:

Create a personal "**Grief Self-Care Plan**"

Closing:

Choose one small act of **self-care** for the coming week

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SESSION **5**

Navigating Challenges

Theme:

Triggers, Anniversaries + Difficult Days

Objectives:

Identify common **grief triggers**

Plan for **anniversaries, holidays, or difficult dates**

Opening:

Share a **recent** or **upcoming** challenge

Discussion Prompts:

What times of year or events are **hardest for you?**

How do you **prepare** for those days?

Activity:

"Comfort Box" idea-sharing (physical or symbolic items that bring comfort)

Closing:

Offer **encouragement** for upcoming challenges

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SESSION **6**

Reflection + Moving Forward

Theme:

Closing the Group

Objectives:

- Reflect on **personal growth** and **group experience**
- Offer **closure** and **next steps**

Opening:

Share the intention for today: **reflecting** and saying **goodbye**

Discussion Prompts:

What have you **gained** from being part of this group?

How will you **continue your grief journey** after the group?

Activity:

Each person writes **a short letter** to themselves for the future

Closing:

Group **affirmation** or **symbolic gesture** (e.g., lighting a candle, moment of silence)



EXAMPLE RESOURCES
INCLUDED IN OUR
GRIEF SUPPORT
GROUP ONLINE
TRAINING COURSES



THE **JAR MODEL** FOR UNDERSTANDING GRIEF



You might think that your grief should get
smaller over time...



But actually, grief doesn't really shrink. It stays the same size, but over time, it may feel **less painful**.

Instead of your grief getting smaller, you **grow your life around it**. Imagine your grief is a jar – the size of the jar stays the same, but your **life around it gets bigger**.



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THE **JAR MODEL** FOR UNDERSTANDING GRIEF



At first, the jar feels huge because the loss feels **overwhelming**. But as time goes by, you **meet new people**, **try new things**, and have more **good moments**. These things add to your life – like filling the space around the jar.



Looking Ahead

This jar changes over time – your life will keep **growing**, and you'll find **new ways** to live with your grief. You can **come back to this worksheet later** and add more things to your jar.

*"The reality is that you will **grieve forever**. You will not 'get over' the loss of a loved one; you will **learn to live with it**. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. **Nor should you be the same nor would you want to**" – Elisabeth Kubler-Ross*



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DRAWING ACTIVITY: WHAT YOUR GRIEF FEELS LIKE RIGHT NOW



Grief isn't simple. It can feel **confusing**, **overwhelming**, or you might even feel **numb**. And it **doesn't follow a straight line** – some days feel okay, and others can hit really hard. This activity is a chance to show what **your grief feels like right now**. There's no right or wrong way to do this – just be honest with yourself. Here's how to **start...**

- Draw a **shape** or **line** that represents your grief journey. It could be: A winding path, a spiral, a wave, or anything that feels right to you
- Add **words** along the path that describe your feelings. Think about: Sadness, anger, guilt, confusion, peace, emptiness, or even moments of happiness. You can include **memories** or **thoughts** that come up, too.
- Use **colours** or **symbols** to show how strong the feelings are: One colour or symbol for intense feelings, another for quieter or more settled ones.

Remember: Grief doesn't have to make sense.

Your path might look messy or unclear – *that's completely okay*. This is about expressing, not explaining. You can come back to this activity anytime to **add**, **change**, or **redraw** it as your feelings shift.

A LETTER TO **SOMEONE I MISS**



Writing a letter to someone who's died can help you **understand** and **express** how you're feeling. **You can fill out as much or as little as you want.** There are no rules – it's okay if your answers are short, long, or even left blank.

You can choose to keep this letter, share it with someone you trust, or rip it up when you're done. **Sometimes just writing it down is enough.**

Dear _____

What I have always wanted to tell you is _____

What you never understood was _____

If I could tell you one thing about me right now, it would be: _____

What I've started to realise is: _____

The one question I wish I could ask you is: _____

Something about my life I wish you knew is: _____



A LETTER TO **SOMEONE I MISS**



I miss not being able to _____

I feel sad that you won't be there when I: _____

One of my most special memories of you is: _____

What I miss the most about you is: _____

You made me proud when you: _____

I love you because: _____

If you were here right now, I'd tell you: _____

I think you'd tell me: _____



A LETTER **TO** YOUR **LOVED ONE**



I'm grateful that you: _____

I'm going to carry you forward by: _____

I feel good knowing that _____

Thank you for _____



REAL TALK: **AFFIRMATIONS**



Grief is complicated. You might feel sad and still laugh at something funny. You might feel okay one minute and then totally overwhelmed the next. **That's all normal.**

These affirmations are here to help – not to make the pain go away, but to give you **some support when things feel heavy**. Pick one or two that speak to you. You can write them in a journal, keep them on your phone, stick them on your wall, or just repeat them in your head when things get hard.

It's okay to feel
happy and **sad**
at the same
time.



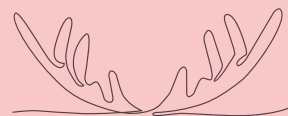
My grief is
mine – there's
no "**right**" way
to feel.



I can **remember**
them and still **enjoy**
parts of life.



I am **stronger**
than I know.



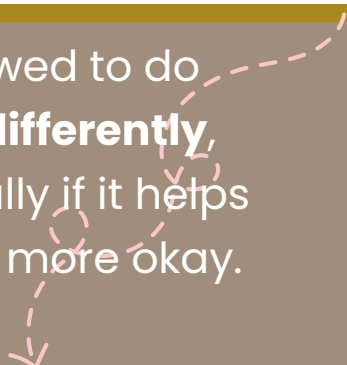
I carry their love and
memories with me,
always.



I'm doing the
best I can,
and that's
enough.



I'm allowed to do
things **differently**,
especially if it helps
me feel more okay.



I'm not the **only one**
feeling like this – and I
don't have to go
through it alone.

