

## **SUPPORT GROUP OUTLINE**

### **WEEK 1 :**

- Welcome, Introductions, Confidentiality Form
- Tell your Story

### **WEEK 2 :**

- Communications With Family & Friends, Cliches
- Funeral/Arrangements
- Bring Pictures for Next Week

### **WEEK 3 :**

- Pain & Sadness, Confrontation & Escape
- Show Pictures; Remembering & Honouring your Loved One/Your Relationship Remains

### **WEEK 4 :**

- Anger

### **WEEK 5 :**

- Guilt, 'Would-Have, Could-Have...'

### **WEEK 6 :**

- Caring For Yourself
- Fears & Worries for The Future

### **WEEK 7 :**

- What do You Do Now?
- Incorporating the Loss into your Life
- Further Support Options