

12-Week Family Session Calendar

Children and Teen Groups



Date	Curriculum Title	Topic	Description
February 5	You & Your Family	You and Your Family: Getting to Know You	We've all been through unique losses and changes that affect our families. We will talk about grief, what it means to be a family, and share our experiences (only if you choose to share).
February 12	All Feelings are OK	Are All My Feelings OK?	Everything we feel is normal and natural, but how we behave when feeling different emotions is important. We will learn to identify, name, and describe what we are feeling.
February 19	Adjusting to Change	Big Losses Bring Big Changes	Change is difficult, even when we see it coming. How can we build confidence and not feel powerless in the face of adversity? We will talk about what change means and the ways we can adjust.
February 26	Coping with Loss	Change Happens, But We Will Be OK	Life is full of setbacks, defeats, and disappointments. What can we do about it? We will learn and practice skills to help us cope with our current changes and be ready for future losses.
March 4	Grief & Stress	What is Stress?	Grief and big changes cause stress, and it can come from inside us or from our environment. We will learn to identify our stress, where it comes from, how it makes us feel, and ways to cope.
March 11	CELEBRATE ME (Large Group Event)		
March 18	Grief, Worry, & Fear	Understanding Worry and Fear	When a loss happens, things change and become unknown, causing worry and fear. We will learn to identify our fears, how to edxereact, what we need to overcome them, and that it is always ok to ask for help.
March 25	No session Spring Break		

April 1	Grief, Anger, & Hurt	Where is My Anger Coming From, and What Can I Do About It?	<p>Anger is a big emotion that can make us feel unstable, but it might be hiding a different emotion.</p> <p>We will learn healthy ways to calm our anger so that we can identify and cope with the underlying emotions and situations.</p>
April 8	Control & Perspective	Control and Perspective: What I Feel and What I Control.	<p>When we are not in control, it can make us feel vulnerable and stressed. Learning what we can and cannot control helps us to limit fear and anxiety.</p> <p>We'll explore how we view ourselves and how the world around us impacts our emotions and behaviors.</p>
April 15	Self-Care & Support	Self-Care & Support: Who's Got My Back?	<p>Grief is a difficult journey that changes us forever, and we can't travel it alone.</p> <p>We will discuss the importance of taking care of ourselves, being patient, and reaching out when we need help.</p>
April 22	Moving Forward, Looking Back	Growing Through Grief: Moving Forward with Gratitude	<p>We can't change the past or predict the future, but we can remove associated fear and anxiety to allow ourselves to celebrate the present.</p> <p>We will talk about confidence, gratitude, and acceptance.</p>
April 29	CELEBRATE ME (Large Group Event)		