

ABOUT Grief Relief

Grief Relief is a 5 week program created by **Gifts From Jada Foundation**. It is a safe place to bring your fears, anxieties, sadness, and joy. Children and their families receive the help they need to express, understand, and cope with their loss.

Grief Relief is a place where you can find healing and hope whether you're grieving alone or in a family setting. Participants may attend Grief Relief for long as it takes to heal. New classes begin every 5 weeks. You'll learn about the five stages of grief and how to cope using a variety of techniques including art therapy, exercise,...

WHO SHOULD ATTEND?

★ Anyone 6 years and older who has lost someone they love

HOW MUCH DOES IT COST?

★ \$50 per person (includes 5 sessions)

★ If you cannot afford registration, please contact griefrelief@giftsfromjada.org

HOW TO REGISTER?

★ Visit our website to sign up giftsfromjada.org/grief-relief

★ Call us toll free 1(844)JADA-999

★ Email us griefrelief@giftsfromjada.org

ABOUT GIFTS FROM JADA FOUNDATION



OUR MISSION

To provide grief support, relief, and resources to children, teens, adults, and families following the death of a loved one.

OUR VISION

To see people of all ages compassionately supported on their grief journey so they can heal.

OUR PURPOSE

To build a community of support for those living with loss.



The GIFTS FROM JADA FOUNDATION Inc. is organized and operated for charitable purposes within the meaning of section 501(c)3 of the United States Internal Revenue Code

GIFTS FROM JADA FOUNDATION



Experiencing Grief? We Can Help!



Grief Relief

Support Network (GRSN)

Sessions will be held Weekly on Tuesday 6:30pm

Northwest Regional Library

3151 N University Dr, Coral Springs, FL 33065

Starting January 10 - February 7, 2017
@6:30pm - 8:00pm



Call or go online to register

P: 1(844)JADA-999

W: giftsfromjada.org/grief-relief

E: griefrelief@giftsfromjada.org

FIVE STAGES OF Grief

The stages of grief and mourning are universal and are experienced by people from all walks of life, across many cultures. People who are grieving do not necessarily go through the stages in the same order or experience all of them.

The key to understanding the stages is not to feel like you must go through every one of them, in precise order. Instead, it's more helpful to look at them as guides in the grieving process—it helps you understand and put into context where you are.

The Five Stages of Grief are:

- Stage 1 - Denial & Isolation
- Stage 2 - Anger
- Stage 3 - Bargaining
- Stage 4 - Depression
- Stage 5 - Acceptance

Remember, grieving is a process that has no time limit, nor one "right" way to do it.

WEEK 1 DENIAL & ISOLATION

TALK & JOURNAL/WORKSHEETS

In a culture that often avoids talking about loss, Grief Relief helps you share your story openly and hear the stories of others. Together you'll talk about coping day-to-day, as well as on the most difficult days of our grief journeys.



FIVE STAGES OF Grief

WEEK 2 ANGER

HOLISTIC MEDITATION (ex. YOGA)

Learn how holistic meditation can help reduce the stress, quiet your mind, and soothe your spirit. The physical sensation of stretching will give your mind a healthy place to focus instead of on intrusive thoughts about the past and future. Many meditation poses are proven to reduce your physical and emotional suffering and they strengthen your physical health too!



WEEK 3 BARGAINING

ARTS & CRAFTS

Art Therapy is a wonderful technique for expressing your emotions when you can't find the right words. Guided by an art therapist, you'll use creative processes and art to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. You'll have FUN in this session!



FIVE STAGES OF Grief

WEEK 4 DEPRESSION

MUSIC & MOVEMENT (ex. ZUMBA)

Physical exercise is one of the best things you can do to elevate your mood. It increases circulation to deliver more oxygen, glucose, and nutrients to your brain while clearing out toxins and metabolic debris. Come move with us!



WEEK 5 ACCEPTANCE

FAMILY PHOTO & FRAMING - BALLOON RELEASE

Honoring the memory of your loved one can be difficult when you're mourning. You'll learn how to display favorite photos of them in creative ways to keep their memory alive. Pictures and memories can be very comforting to those who



HOW WE WANT GRIEF TO WORK

HOW GRIEF ACTUALLY WORKS

