



Grief Group Outline:

Week 1: Learning About Grief

Week 2: Understanding Grief Reactions: Focus on Anger

Week 3: Understanding Grief Reactions: Focus on Guilt

Week 4: Remembering and Reminiscing

Week 5: Reminiscing Together

Week 6: Grief Processing: Adjusting to a world in which the deceased is
absent

Week 7: Planning For Difficult Days (Relapse Prevention)

Week 8: Saying Goodbye in a Good Way