



10-Week School Group Synopsis

Session 1: New Beginnings – Introduction and activities designed to promote group bonding and practice communicating on non-threatening topics.

Session 2: Memories & Your Relationship with the Person Who Died – Continue group bonding and begin to discuss the relationship with their person who died. Art activity designed to facilitate this discussion.

Session 3: Grief Reactions – Activity designed to facilitate discussion about group member’s reactions to their experience and how it feels now that their person is gone.

Session 4: Saying Goodbye – Art activity and discussion about the thoughts and memories of the day of the death.

Session 5: What Happens After the Death – Art Activities designed to facilitate a discussion about the funeral and “what happens after death.”

Session 6: Sorting Out Your Feelings – Activity designed to facilitate further discussion of feelings.

Session 7: If You Could Change One Thing – Activity designed to identify thoughts that lead to guilt/regret and ways to address the flaws in their thinking.

Session 8: If Only I could talk with you one more time – Activity designed to explore un-addressed feelings.

Session 9: A Step toward Healing – Begin to look towards the future while retaining connection and memories of the person who died.

Session 10: Saying Goodbye – The **OUR HOUSE Sweet Good-bye** session including **OUR HOUSE** Rock Ceremony and party.