WHAT NOW?

When a grief support group comes to an end, some are left wondering, "What now?"

Much like learning to ride a bike, finishing a support group is like removing the training wheels and learning to ride without them. Can you do it? Absolutely!

While the pain of your loss didn't magically go away, most participants leave a grief support group with new tools to help them continue their grief work, and found comfort in knowing they weren't alone with their struggles.

QUOTE

Shared sorrow is half a sorrow.
Shared joy is double the joy.

-SWEDISH PROVERB

ANSWER THE FOLLOWING QUESTIONS

Take stock at where you were before the support group began, and where you are now by answering the following questions.

- ❑ What did you expect from attending this support group?
- ❑ What did you learn about yourself by attending?
- ❑ What did you learn about grief?
- ❑ What did you learn from others experiencing grief?
- ❑ What did you learn about self-care? Are you willing to continue working on your self-care plan?

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