

Grief, Healing, and Resilience: A Structured Program of Support for Adults Who Have Lost Children/Grandchildren, Nieces/Nephews, Spouses/Partners, or Siblings, held across four meetings, 5:00pm-6:30pm on the following Mondays: 4/4, 4/11, 4/18 and 4/25. Location: Chapel, Community Church of Durham, NH

At some point, most humans suffer grief, often defined as the process by which someone experiences loss. But losing a child/grandchild, niece/nephew, spouse/partner, or a sibling is an especially devastating form of seismic trauma. While grieving is very specific—based on the individual griever, the nature of the loss, and the relationship with the one who has been lost—there are many common elements to the journey. These include an emotional roller coaster at times triggered by passing comments such as “Oh, you’ll get over it” or “You’ll have another child,” or “Don’t be in denial,” or “She’s in a better place.” This program of four 90-minute meetings is NOT clinical therapy, but it is designed to offer information and some tools for engaging with grief and healing. While spiritual in orientation, the program is non-sectarian and non-denominational. Discussion is most welcome, but no one need participate if not comfortable doing so.

Comments from past participants—

A spouse: “It is really hard to express one's true feelings, but Steve made it comfortable to do. Some really helpful suggestions to help one get through the tough times.”

A parent: “The Grief Workshop provided me with information, insights and a safe and supportive environment to understand and deal with the grieving process. Steve’s s knowledge, personal experience and caring created a healing circle for the participants.”

Facilitator—

Steve Hardy earned a graduate-level Grief Support Specialist Certificate from the University of Wisconsin in 2017. More important, he has personal experience in grief—shared with his wife Donna—through the loss of two sons. He retired in 2014 as Professor of Kinesiology and Affiliate Professor of History at the University of New Hampshire, where he won awards for teaching excellence. This is the third time he has offered the structured program. Since 2018, he has also facilitated informal grief support groups. And he has written blogs on resilience at: <https://onesummit.org/what-we-do/profiles-in-resilience/>

Enrollment—

This program is for grieving adults who have lost a child/grandchild, niece/nephew, spouse/partner, or a sibling. BYO writing material— tablet (paper or digital), pencil, pen. There is no cost, but enrollment is limited to 20 people. For information or registration please contact Steve Hardy at: stephen.hardy@unh.edu or 603-781-7194.