

*GROUP ACTIVITIES*



- 1. Ritual Exercise - Discuss rituals that you can do to honour the memory of your loss e.g. light a candle; say a Mass etc.*
- 2. Outreach Exercise - How can you reach out to someone who has experienced loss? Use your own pain to increase your capacity for compassion.*
- 3. Getting through the Holidays - Identify strategies that you can do to cope during times of family gatherings.*