**Grief Group Outline**

Week 1: Remembering our loved one

* Icebreaker
* Group Guidelines
* Canvas bag: draw a picture that resembles your loved one

Week 2: Feelings and stages of grief

* My Many Colored Days
* Stages of Grief
* Color paper body

Week 3: Support systems

* Canvas bag:: Transfer body outline
* Support
* Canvas bag: add supports to body outline

Week 4: Coping strategies

* Taking care of you.
* Skill builder

Week 5: Memory share

* Canvas bag: Draw favorite memory

Week 6: Moving forward

* Sharing canvas bag
* Letting Go Balloon Exercise