



Hands of Hope

Agape Care's Pediatric Program

# Hands of Hope Online Grief Group

Special Holiday Edition

## Presented by:

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# Session #6 – Grief Doesn't Take a Holiday

Navigating the season with grace and presence



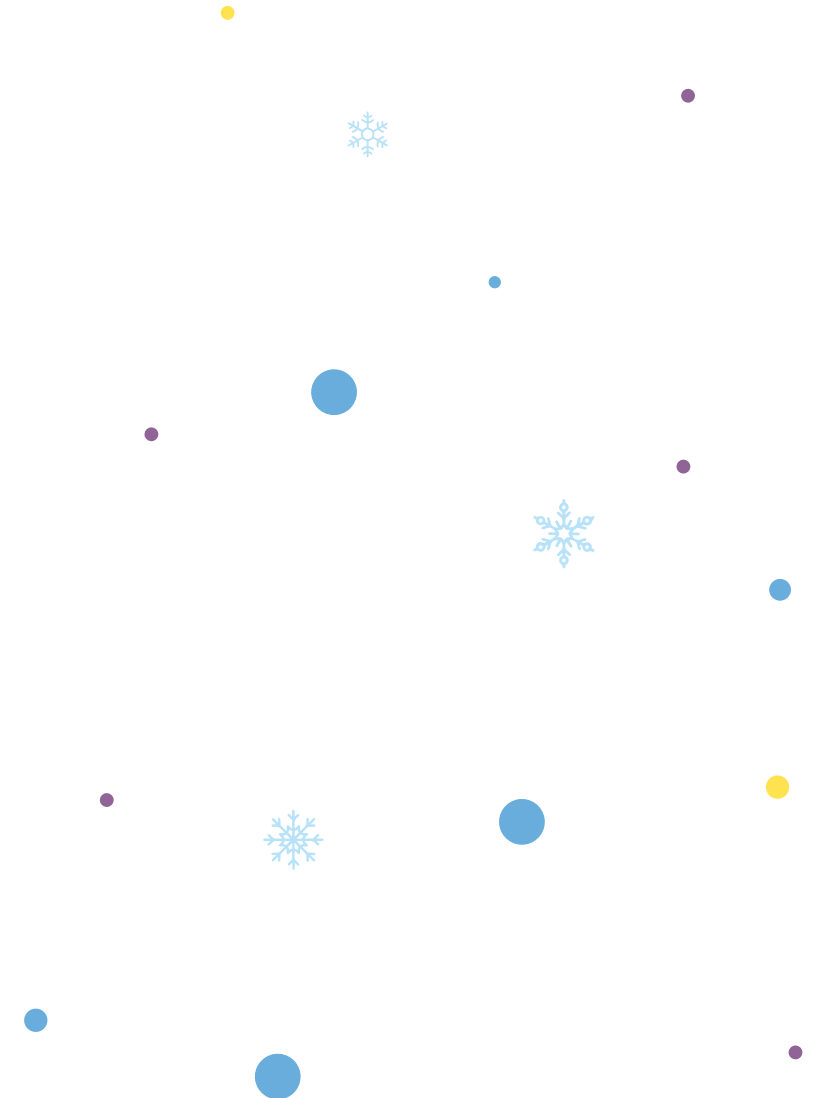
# Full Value Agreement

## Rules of the Group

1. Confidentiality in what is said
2. Respect each other
3. Realize everyone is in a different place in their grief
4. Challenge by choice

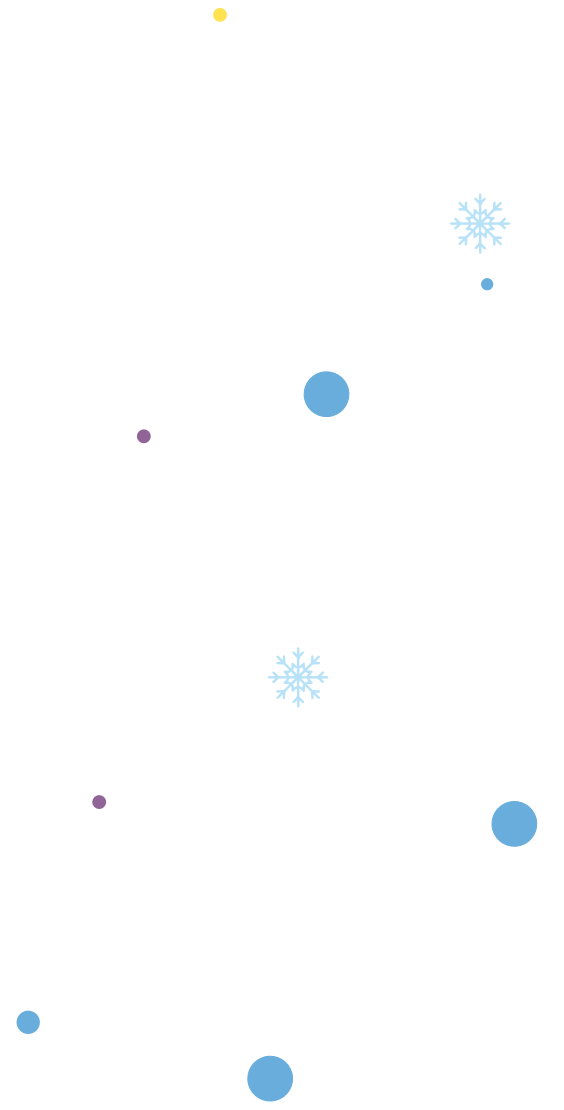


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# Self-Care Corner

The holidays are a time for giving – so give yourself the time and energy to love and care for yourself.



# SELF-CARE CAN BE...

Asking  
For Help

Taking A  
Step Back

Spending  
Time  
Alone

Saying  
'No'

Putting  
Yourself  
First

Staying  
At Home

Setting  
Boundaries

Asking For  
What You  
Need

# How has it been since the last time we met?

- How is your grief showing up?
- Have you had reflections on our last conversation?
- If you've taken time to explore the journal, what are your initial thoughts?



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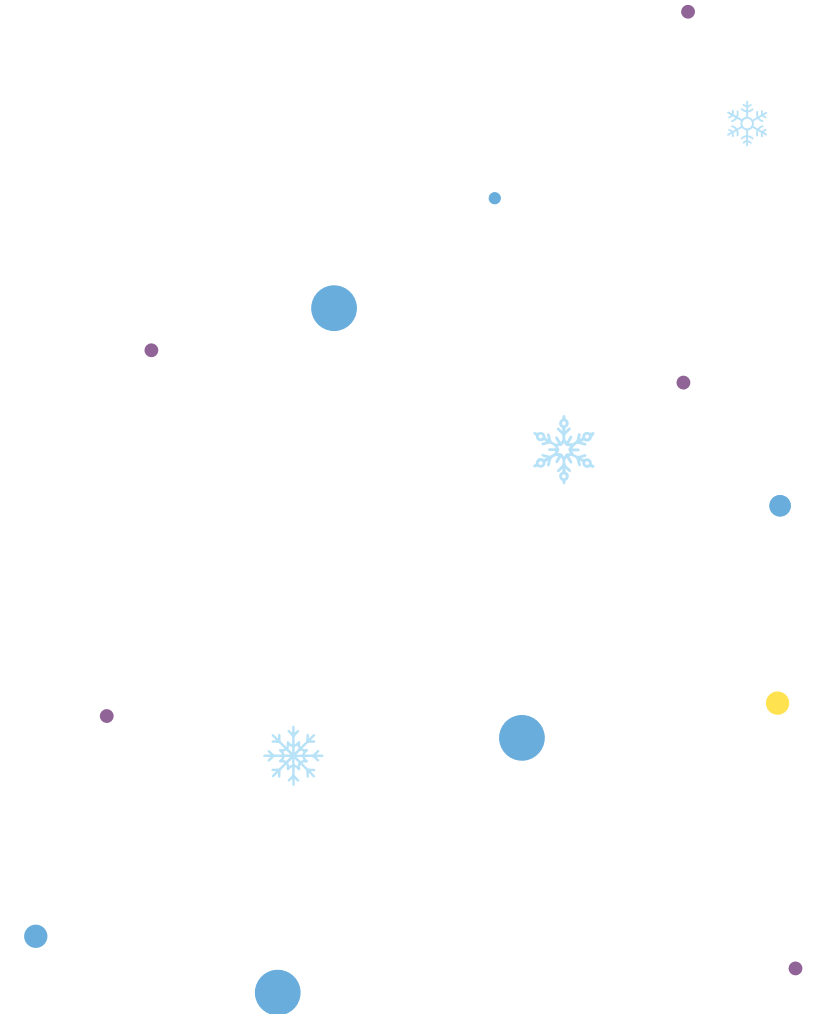


**“Your absence is loud this  
holiday season.”**

**– David Kessler**

# For many families, anticipation of Halloween begins the “holiday season”

- Have you experienced any grief related to the holidays yet?
- Have you already navigated special days, anniversaries, or holidays since your loss?
- What was it like?

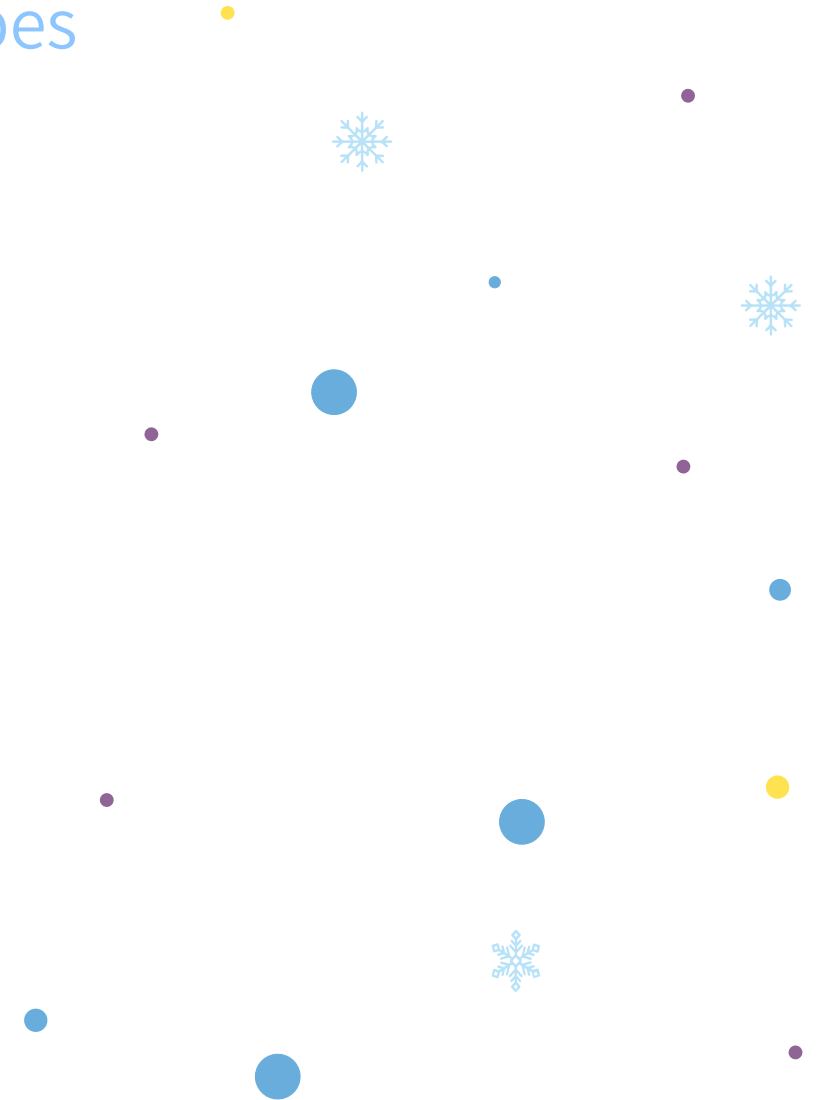




# Reminders are everywhere

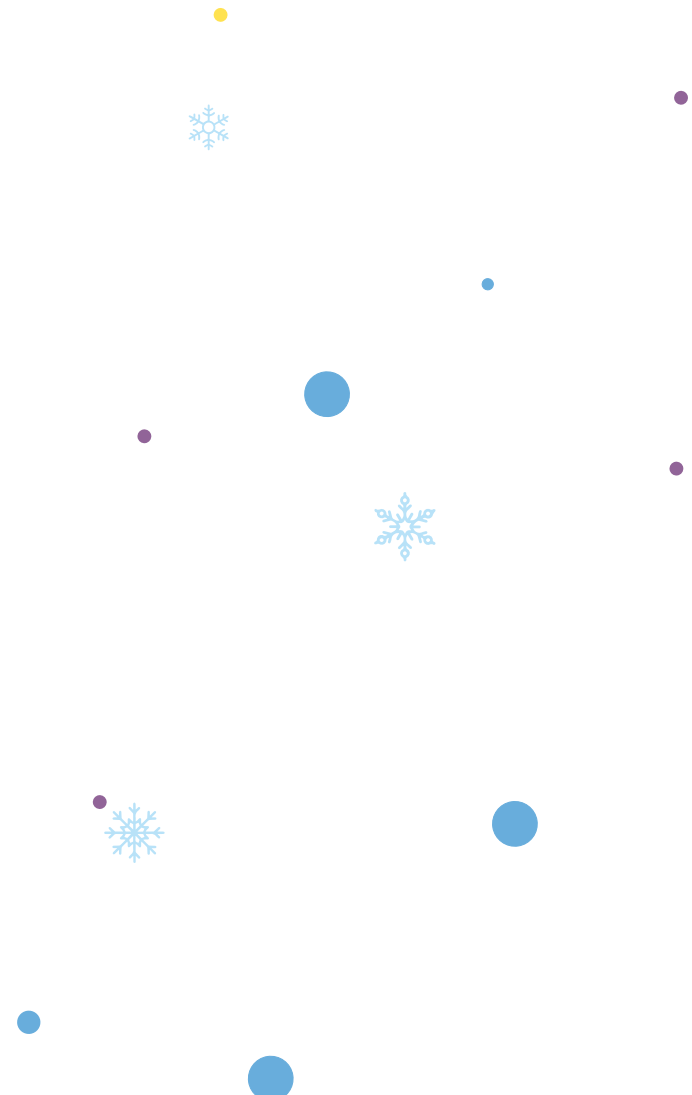
Decorations, family activities, traditions, and hopes

- What are you looking forward to about the holidays?
- What are you dreading about the holidays this year?
- What has triggered your grief as you anticipate the holidays?



# Traditions

- What are some holiday traditions that are important to your family?
- What was your child's favorite thing about holidays?
- How have traditions impacted your grief?
- How do you feel about changing old traditions or creating new traditions?
- What will you do to feel connected to your child this holiday season?



# Holidays can symbolize a time to look ahead

- What memories will you carry forward?
- What did you learn from your child that has changed you?
- How does their legacy live on?

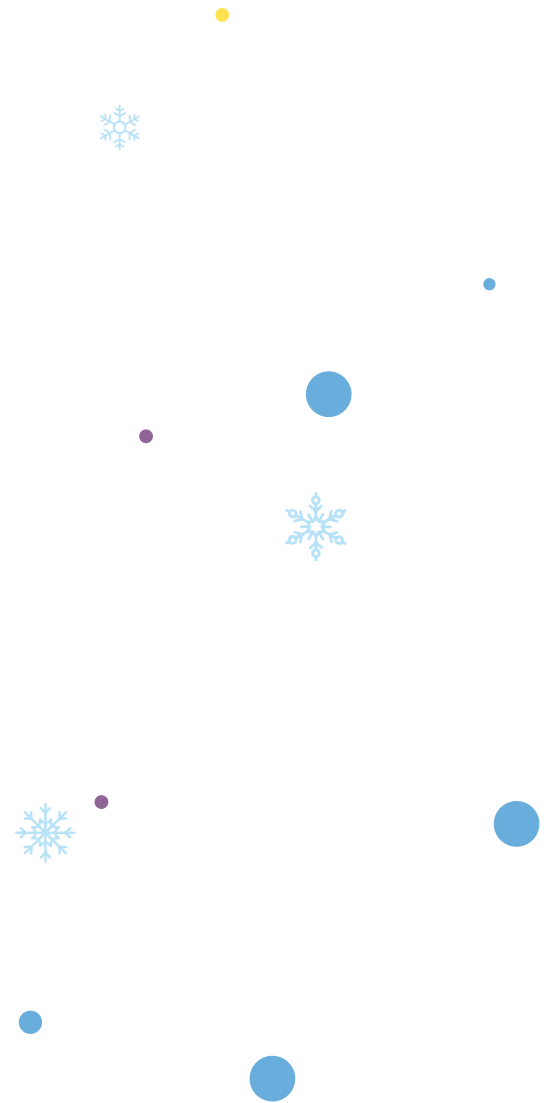


**“Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being.”**

**– Albert Schweitzer**

# It's OK...

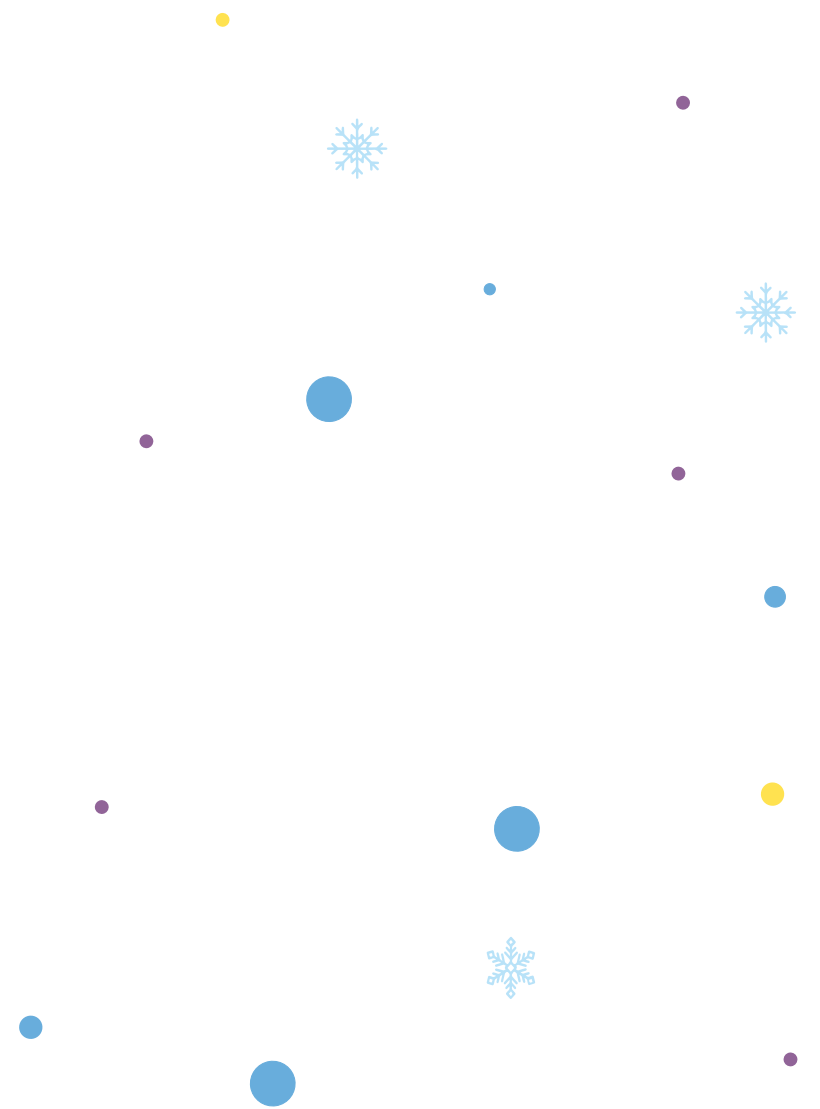
- To say “no”
- To not feel like celebrating the holidays
- To let go of old traditions
- To create new traditions
- To change your mind
- To surround yourself with supportive people
- To feel what you feel – happy, sad, and in-between



# Activities to Reflect and Remember

## Collage Book

- Create a booklet by stapling blank pages together
  - Memories from the last holiday we spent together
  - What I want this holiday to look like
  - Gifts my special person gave to me
- Find a special time to share this booklet as a family



# Reminders...

- Plan ahead
- Don't let other people determine what you should or shouldn't do
- Accept limitations
- Celebrate different feelings and preferences
- Be informed before attending events
- Ask for help, even when it's hard to do
- Find time for rest
- Find ways to remember and honor the person who died

**“Connection is why we’re  
here: it is what gives  
purpose and meaning to  
our lives.”**

**– Brené Brown**



# Next Time:

Read through the material.

Begin to answer any prompts that speak to you.





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# Questions?

