

## 2021 Calendar of Virtual Sessions



### Teen Groups

Date	Curriculum Title	Topic	Description
February 1	You & Your Family	You and Your Family: Getting to Know YOU	We've all been through a unique loss or change.  We will talk about grief, what it means to be a family, and share our experiences (only if you choose to share).
February 15	All Feelings are OK	Are All My Feelings OK?	Everything we feel is normal and natural, but how we behave when feeling different emotions is important.  We will learn to identify, name, and describe what we are feeling.
March 1	Adjusting to Change	Big Losses Bring Big Changes	Change is difficult, even when we see it coming. How can we build confidence and not feel powerless in the face of adversity?  We will talk about what change means and ways we can adjust.
March 15	Coping with Loss	Change Happens, But We Will Be OK	Life is full of setbacks, defeats, and disappointments. What can we do about it? We will learn and practice skills to help us cope with the present change and be ready for future losses.
March 29 (Spring Break)			
April 12	Grief & Stress	What is Stress?	Grief and big changes cause stress, and it can come from inside us or from our environment.  We will learn to identify stress, where it comes from, how it makes us feel, and ways to cope.
April 26	Grief, Worry, & Fear	Understanding Worry and Fear	When a loss happens, things change and become unknown, and this can cause worry and fear.  We will learn to identify our fears, how to react, what we need to overcome them, and that it is always ok to ask for help.
May 10	Grief, Anger, & Hurt	Where is My Anger Coming From?	Anger is a big emotion that can make us feel unstable, but it might be hiding a different emotion.

			We will learn healthy ways to calm our anger so that we can identify and cope with the underlying emotions and situations.
May 24	Control & Perspective	Control and Perspective: What do I feel and what can I do?	When we are not in control, it can make us feel vulnerable and stressed.  Learning what we can and cannot control helps us to limit fear and anxiety. Likewise, how we view ourselves and the world around us impacts our emotions and behavior.
June 7	Self-Care & Support	Self-Care & Support: Who's Got My Back?	Grief is a difficult journey that changes us forever, and we can't travel it alone.  We will discuss the importance of taking care of ourselves, being patient, and reaching out when we need help.
June 21	Moving Forward, Looking Back	Growing Through Grief: Holding On, and Letting Go	We can't change the past or predict the future, but we can think differently about them. We can learn to remove any associated fear and anxiety and allow ourselves to celebrate the present.  We will talk about confidence, gratitude, and acceptance.