

Weekly Outlines – Week Two

Purpose of the Group for Participants

- To understand their grief process
- To respond to their traumatic loss in more active/empowered ways
- To foster resilience
- To tell their stories in healing ways
- To improve overall health and daily functioning
- To learn from and support each other in the grief process
- To restore a sense of self

Objective: Self-Care Part I

During this session we will ask participants to share how they have coped with their loss including developing some personal goals. The topic of resiliency and vulnerability and risk factors will be discussed. There will be a focus on building upon existing strategies and focusing on the strengths of group members. Participants will start completing a self-care plan by completing journal entries leading to a personal plan of “Self-Care”.

Component	Discussion	Tools / Resources
Topic	Self-Care Part I	
Introduction	Welcome participants and check-in.	Facilitator to bring a candle and lighter.
Week Two Session	Facilitators will explain what resiliency and self-care are. They will lead discussion concerning participants' risk factors and protectors. They will refer to different personal tools that can be used (what works and what doesn't).	Facilitators will use a flip chart for participants to identify risk factors within themselves and, also, their protectors that help them cope. Risk factors and protectors identified during this session will be copied and given to participants next week to incorporate into their binders.
Refreshment Break	– 15 minute break –	
Week Two Session Continued	Facilitators to continue discussion.	In their journals participants to reflect on their personal risk factors and protective factors with the goal of developing some personal goals for their self-care.
Closing Activity	Next week's topic will be introduced and its closing activity decided upon. Refer to the Evaluation Form at Tab 11 and encourage participants to complete appropriate sections while the information is fresh in their minds; Facilitators to lead calming period exercise.	Refer to Personal Resiliency, Risk Factors and Protectors, and the Self-Care Checklist.

Adapted from the B.C. *Victims of Homicide Resource Guide for Facilitators of Homicide Loss Support Group* (March 2014) and *Canadian Parents Of Murdered Children's Rebuilding Shattered Lives* pilot project (March – April 2016).

CPOMC – Canadian Parents of Murdered Children and Survivors of Homicide Victims