

## A DIFFERENT KIND OF GRIEF <sup>SM</sup>

*Support for Men who have experienced a substance use-related death.*



Six meetings - Tues. Evenings 7:00-9:00 PM

Dec. 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, 2021 & Jan 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup>, 2022\*

**Registration Deadline is December 10<sup>th</sup>, 2021. Space is Limited.**

\*If you are unable to make this six-week session, contact Bob or Gloria for future dates.

**Location: Brighter Days Grief Center**

**HIPPA Compliant Zoom Platform**

**There is no fee for this group, but registration is required.**

Bob Englund will co-facilitate this group with his wife, Gloria, who has been leading these kinds of grief recovery groups since 2012. Bob is the stepfather to their son, Aaron Watson, who died of a heroin overdose in 2007. Since men have been in the minority in these groups, Bob decided, he would like to co-facilitate a men's only group. In preparation Bob has been part of and mentored Gloria's groups as well as received training in grief group facilitation. Bob has also been a member of other kinds of men's support groups. In weighing this experience against groups he attended where women are in the majority, he finds that men tend to grieve differently and are more open in a group where the majority of the members are men.

*The group coaching support differs from traditional grief support groups because the focus is not only on the loss, but also the trauma and stigma that often result from this kind of disenfranchised death. There is also a specifically focused educational curriculum for each six-week session as well as ample time for personal check-in.*

\*Please contact Bob for registration information @ 612-749-3998 or [bob@bobenglundconsulting.com](mailto:bob@bobenglundconsulting.com)