



Grief Support Program

Catholic Funeral & Cemetery Services (CFCS) of Colorado is dedicated to providing caring support before, during, and after the end-of-life process, thereby fulfilling our core purpose of *“Filling the Void of Loss with Faith”*. CFCS of Colorado has partnered with **St. Raphael Counseling** (a ministry of the Archdiocese of Denver Catholic Charities) to provide a Grief Support Program to the families we serve. Through this partnership, CFCS of Colorado offers a tiered grief support program to meet the needs of our families and to help families navigate the journey of grief.

GRIEF SUPPORT PROGRAM:

The following services are offered to families served by CFCS through the Archdiocese of Denver Mortuary.

TIER 1 Grief Support Class (Online class)

- The class will cover the following topics: Understand your experience of grief | Distinguish between grief, depression, and traumatic stress | Understand the elements of grief and apply to one's personal journey | Develop strategies to help cope with grief
- There is no fee for this class.
- Individuals can sign up to attend this class using the following link: <https://forms.office.com/r/6yQ1n2uczC>

TIER 2 Grief Support Group (Online class)

- To participate in the Tier 2 Grief Support Group, individuals must receive a referral from attending the Tier 1 Grief Support Class.
- Individuals will be allowed to participate in the Grief Support Group for up to three months.
- There is no fee for this class.

TIER 3 Certified Counselors

- An individual may receive a referral to Counseling Services at any time that he/she determines the need for more extended or intensive help.
- Funding for these services will be the responsibility of the family.

AVAILABLE SPIRITUAL SUPPORT INITIATIVES: Monthly First Friday Mass and Deacon Calling Project
