

Office of Safety and Youth Development

Chief Executive Officer Lois Herrera

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Bereavement Circle

Purpose: to provide a space for the community to come together and share their feelings in the wake of the loss of a member of the community.

Mindfulness moment: *take and count out 10 deep breaths*

Opening Ceremony : *“the quieter you become, the more you can hear (by Ram Dass)”*.

Values Round: *tell us about an important value you learned from someone you admire. Write a list of those values as participants name them and place the list in the center. This will serve as our Centerpiece.*

Create and Review Community Agreements for Today's Gathering

Main Activity: Processing the Loss Together

Explain: *it is very common for people to have many different kinds of feelings when they experience loss. Feelings are personal and may be different for each person.*

Round 1: To check in please share one, two, or three feelings you are having right now in one sentence.

Round 2: Where were you when you heard the news of this loss? How did you feel?
Where did you feel it in your body?

Round 3: What will you miss the most about this person?

Round 4: Please share with us one positive or funny memory of him or her.

Round 5: What is one positive thing about this person that you want to carry on in his/her honor?

Check-Out Round

How has this circle been for you?

Closing Ceremony

“ Lean on Me” by Bill Withers

Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on

You just call on me brother, when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load you have to bear
That you can't carry
I'm right up the road
I'll share your load

If you just call me (call me)
If you need a friend (call me) call me uh huh(call me) if you need a friend (call me)
If you ever need a friend (call me)
Call me (call me) call me (call me) call me
(Call me) call me (call me) if you need a friend
(Call me) call me (call me) call me (call me) call me (call me) call me (call me)

Thank everyone for participating in the Circle today!