

Certificate of Support Group Participation

Be it known that on this day, _____ has completed the

Understanding Your Grief Support Group and has immersed him- or herself in the
Ten Essential Touchstones for finding hope and healing his or her heart:

- Touchstone One—Open to the Presence of Your Loss
- Touchstone Two—Dispel the Misconceptions About Grief
- Touchstone Three—Embrace the Uniqueness of Your Grief
- Touchstone Four—Explore Your Feelings of Loss
- Touchstone Five—Recognize You Are Not Crazy
- Touchstone Six—Understand the Six Needs of Mourning
- Touchstone Seven—Nurture Yourself
- Touchstone Eight—Reach Out for Help
- Touchstone Nine—Seek Reconciliation, Not Resolution
- Touchstone Ten—Appreciate Your Transformation

You have given and received support from fellow group members. Your presence and sharing of your experience with loss have touched the lives of many, and for that we are grateful. We wish you continued healing and hope for a renewed purposefulness and happiness in life.

Group Facilitator

Date