

Welcome to the Red Deer Primary Care Network Journeying through Grief questionnaire.

Date

Name Date of Birth Healthcare Card (PHN)

Family Doctor Clinic

A little about the program:

This program is an 8 week program, which runs for two hours each week, focusing on the death of a person.

You will learn:

- the stages of grief using the Alan Wolfelt Model,
- process and experience skills in class to express grief (mourn)

This program is suitable for those who have experienced the death of a loved one and want to feel a sense of understanding with others going through similar experiences.

This may be more difficult for you if you have a pre-existing mental health diagnosis with current symptoms and/or trauma.

A workbook will be provided for a fee of \$20 with valuable learning materials. If finances are an issue, advise the scheduler so the fee can be waived.

Readiness for Group Questions

By answering these questions, this will help us understand whether this program would be the best fit for you.

1. Tell us who died and the circumstances around their death?

If the loss is **NOT** loved one who died, tells us the about the loss you are seeking help for?

2. Do you have any current anticipatory losses? (e.g., loved one dying of cancer, loved one with dementia, or other terminal illness)

3. What have you been doing to cope/care for yourself? (e.g., taking baths, eating well, reaching out to others to talk, allowing yourself to cry, exercising, still able to enjoy pleasurable activities).

4. Are you coping or numbing your pain with any substances?

What:

How much:

How often:

5. Have you experienced any suicidal thoughts/self-harming behaviors?

In what ways:

How often do you experience this?

6. **Do you have people who could support you in between sessions, throughout the duration of the group?**
(i.e., friend, counselor, clergy)?
7. **How comfortable are you in a group setting?**
Rate yourself from least comfortable 1-----5-----10 most comfortable.
8. **Have you taken any group programs through the RDPCN?**
If so, which ones?
When?
9. **What are you hoping for by attending this group?**

Thank you for completing this assessment, we will be in contact with you to discuss the next step in your Grief Journey.

Save this document to your own desktop and then email as an attachment to: admin@rdpcn.com

If you are in immediate distress or feeling suicidal, call: 9-1-1 NOW

Suicide Distress Line: [1-800-SUICIDE \(784-2433\)](tel:1-800-SUICIDE)

Alberta Mental Health Helpline: [1-877-303-2642](tel:1-877-303-2642)

RDPCN complete this section: