

LEFT2MOURN – 12 MONTH PROGRAM CALENDAR

MONTHLY CORE PROGRAMS (Every Month)

1. Community Grief Support Circle

- Frequency: 1x per month, via Zoom Every 3rd Thursday
- Format: Guided open sharing circle
- Audience: Adults experiencing any type of loss

2. Reflection & Bereavement Workshop

- Frequency: 1x per month
- Topics rotate (coping, anniversaries, anger, forgiveness, etc.)

3. Spiritual Support Circle (Optional Faith-Based)

- Frequency: 4x per month, Zoom link will be provided

4. Podcast Recording Session – “Left2Mourn”

- Frequency: 1x per month

MONTH-BY-MONTH THEMES & EVENTS

JANUARY – Healing After the Holidays

- Workshop: *“Facing the New Year Without Them”*
- Community Candlelight Release Ceremony

FEBRUARY – Love & Remembrance

- Event: *“Letters to Our Loved Ones” Writing Circle*
- Special Couples/Family Grief Circle

MARCH – Grief & Mental Health Awareness

- Partner with local therapists
- Host: *Mental Wellness & Grief Panel*

APRIL – Child Loss & Family Grief

- Specialized support group for parents
- Youth grief awareness workshop

MAY – Mother’s Day Healing Circle

- Focus on loss of mothers and maternal figures

JUNE – Father’s Day Healing Circle

- Focus on loss of fathers and father figures

JULY – Community Healing & Violence Recovery

- Outdoor Healing Circle
- Partner with violence prevention organizations

AUGUST – Self-Care in Grief

- Workshop: *“How to Care for Yourself While Grieving”*

SEPTEMBER – Suicide Loss Awareness Month

- Partner with mental health organizations
- Survivor support circle

OCTOBER – Pregnancy & Infant Loss Awareness

- Memorial event with candle lighting

NOVEMBER – Grief & Gratitude

- Workshop: *“Finding Gratitude While Grieving”*

DECEMBER – Holiday Remembrance Ceremony

- Annual remembrance program
- Tree or lantern ceremony