

Center Highlights

From the Founders -



When you give to us, we can then give back to others. Our fundraising goals include raising money that we directly apply to the services that some of our grieving families are unable to afford. We supplement counseling fees anywhere from \$8,000 to \$10,000 a year, depending on the needs. We also help families with the cost of attending support groups and offer reductions and scholarships to children participating in Camp Millie. Our children's support group program, Nello's Corner, is donation based, allowing children and their caregivers to meet together and help one another with their grief.

When families are dealing with life-altering situations such as the death of a loved one, financial issues often become a concern. Not having to worry about the added cost of seeking help during a stressful time is a gift to our families. There are many ways you can contribute to our fundraising efforts so that we can continue passing on your support.

In addition to contacting any of our staff directly, **PayPal** is available on our website: www.bereavementcenter.org. We also receive a small percentage of fundraising income from Amazon but in order for us to benefit, you must access **Amazon.com** from our website. Some of our donors participate in matching funds available to them from their employers. Gift cards and donations from our **Wish List** are always appreciated.

However you choose to support us, your donation of any amount is truly appreciated. Thank you for giving to us so our families can benefit from help when they need it.

Shirley and 

Shirley Elrod, LMFT, FT
Christine Smith, MS
Co-founders



Our Center places high value on continuing education and experience for its staff so they have the most recent, qualified knowledge and competency for providing grief-related services. The Association for Death Education and Counseling (ADEC) offers a two-level certification program for professionals to help them develop and demonstrate their mastery of knowledge of issues related to Thanatology – the study of death, dying and bereavement.

Recently Clinical Director **Emily Vincent** earned the distinguished Fellow in Thanatology (FT), meeting advanced teaching, research and clinical practice criteria over her years of professional work. Therapist **Kim Burian** joins other staff at the Center who have earned a Certification in Thanatology (CT), through rigorous study and work experience.

The knowledge and excellence within the bereavement field which both certifications represent are a source of pride for our Center. Well done, Emily and Kim!

PROFESSIONAL ROUNDTABLE TRAININGS

Two brand new Professional Roundtable Trainings, designed for small groups!

March 16, 2017: 9:00 a.m. - 12:15 p.m.

Young Adult Grief Coping with grief in the young adult years is often complicated by expected life transitions such as leaving for college, the military or embarking on independent work life. This training will focus on the ways in which this population responds to loss and what helps.

April 27, 2017: 9:00 a.m. - 12:15 p.m.

Stigmatized and Disenfranchised Grief

We will be looking at the experiences of those grieving losses that conventional social supports sometimes neglect or avoid (death as a result of murder, drug and alcohol addiction, suicide and/or loss in the LGBTQ community, etc).

The cost of one training is \$70 or \$130 for both.

We offer 3 CEU's for each of our trainings.

Find registration forms on our website.

Call Claire at 610-222-4110, ext. 104

SEASONAL ADULT SUPPORT GROUP PROGRAM

Offering hope during loss-specific circles of support

• **Support for Loss due to Suicide**

Six Monday evenings, 6:30 - 8:00 p.m.

• **Loss of Spouse or Partner** - Various age groups. *For those coping with initial reactions, responses and challenges following a loss.*

Six Monday or Thursday evenings

• **Adult Loss of a Parent**

Six Thursday evenings

On going groups:

• **Monthly Loss of a Child** - *For parents who have experienced the death of a child as a teen or adult.*

2nd Mondays, 7:00 - 8:30 p.m.

• **Young Adult Grief Support (YAGS)** - *For ages 19 - 29 years whose life has been impacted by a death.*

No Fee. Every other Wednesday, 7:00 - 8:15 p.m.

For dates, times and cost,

Call Lois at 610-222-4110, ext. 118



Grief Notes

BENEFITS OF YOGA

The staff at the Center believe in the adage, *You can't stop the waves, but you can learn to surf!* This describes the notion that many bereaved people come to realize: that death and suffering are inevitable parts of life, but that many "tools" are available to facilitate the grief process and enhance coping. For example, yoga is one such tool due to its powerful impact on healing mind, body, and spirit.

There are many types of yoga, one of which is particularly well adapted for grievers, **Hatha** yoga. It offers the combination of deep relaxation with physical exercise. The physical poses can be a demanding isometric workout for the muscles, which also accompanies stretching. The poses, breath work, and meditations are specific and done either simultaneously or sequentially. The goal is overall systemic balance and improved life force.

We don't just experience loss in our thinking minds, we absorb it in every cell and system within our bodies. Any griever knows that it is not just the initial death that is traumatic and stress producing, but also the consequential struggling to find ways to live without the deceased. This stress and anxiety often becomes chronic or at minimum can last an extended period of time, wearing on the griever's internal resources. The ongoing stressors cause a continual flood of cortisol and other stress hormones, causing the brain and body to be locked in to the "fight or flight" response. This dysregulation damages the immune system, often precipitating numerous disease processes. Studies increasingly demonstrate that the practice of yoga is very effective in counteracting this stress response.

Psychologically, the loss can make the griever feel isolated, not only from others, but even cut off from oneself. The griever can feel "cast adrift without a rudder," separated from the familiar, and thrown into an alien place of pain and discomfort. Helping to heal this sense of feeling broken and fragmented is where the practice of yoga shines!

Through the mindful practice of stretching/balancing poses and breath work, the griever becomes the supreme observer of all sensations, thoughts, and feelings that arise. The point is not to "get over" grief, or "work through it," but to integrate grief psychologically **and** bodily. Yoga practitioners report encountering layers of feelings, some of them very painful and intense, but find that by acknowledging and embracing them, they become in touch with self-compassion. Out of the burgeoning realization that grief's painful feelings are tolerable is often born newfound glimpses of hope. Identifying areas and feelings of strength during the most difficult times can be enormously helpful through the healing process.



THE CENTER FOR LOSS AND BEREAVEMENT

Children's Summer Camp -

Building Strong Spirits, Minds and Bodies at CAMP MILLIE 2017!

June 26th, 27th, 28th, 29th
9:00 a.m. - 2:00 p.m.

Central Community Center, Lansdale, PA



Camp Millie is for children ages 6 to young teen who have experienced a death of a parent, sibling, or other close family member. Families provide their own transportation and bag lunches. Fee per camper is \$100 for all activities, t-shirt, snacks and lunch on the last day. Family discount is available. Registration priority is given to new campers.

Registration forms available on our website or call 610-222-4115



How do you begin to put things together again after someone has died? This year's theme will focus on helping campers build a home for their grief - filling a toolbox of coping strategies, laying solid foundations of support and designing blueprints for the future. Kid-familiar Legos and K'nex along with some more challenging items like hammers and nails will be incorporated into the games, crafts and grief "construction meetings," designed to explore the varied feelings and challenges of learning to live with loss.

Want to help lighten our load?



Each year, undertaking the mission of offering a specialized children's bereavement camp program can be daunting for our small nonprofit. Therefore, we greatly appreciate any and all **monetary donations** to the *Center* as well as **Gift Cards** to stores such as AC Moore, Walmart, Costco or Michaels. These are used to help purchase craft and game supplies, snacks, photo and other items that go into creating a fun, supportive and meaningful camp.

Donations Needed: wood scraps, nails and screws, tools, Legos and K'nex pieces

Your contribution is a valuable way that **YOU** can help build our 2017 summer adventure into a constructive experience for our campers.

THANK YOU!

Join our Crew!

Attention College Students:



The Center's staff is seeking an energetic, enthusiastic student of psychology, counseling, or other related field to work as our **Camp Millie** intern for 2017. A qualified applicant enjoys being with children and is interested in gaining some valuable hands-on experience with a bereavement program.

Our intern attends three pre-camp meetings, works with experienced staff during the four days of camp and attends a post-camp meeting in early July. There is a small stipend for completion of duties. Participation in the Spring Volunteer Facilitator Training enhances the intern experience and is strongly encouraged.

Please call to apply - **610-222-4115**



THE CENTER FOR LOSS AND BEREAVEMENT

Children's Bereavement Program



Corner



"If speaking is silver, than listening is gold."

Turkish Proverb

"I don't want to forget anything - even the bad parts - because I wouldn't be who I am without all of it."

"People have to become angels when they die. Otherwise, they would fall through the clouds."

"Your soul is that part of you that makes you, YOU."

"Santa, can you bring my daddy back? It is the season of miracles, after all!"

"Maybe my dad in heaven is taking care of your brother in heaven."

"Grief and depression are different. When I am grieving, I feel things. When I am depressed, I don't."

Nello's Corner group participants

Parents often ask us what their child needs after a loss. How can we get them to talk and find out what they are thinking? Teachers and counselors seek our advice in what they can do to support grieving students. Our volunteers wonder what skills they should use in order to make a difference.

After years of experience working with grieving children and teens in our Nello's Corner peer support groups, our first suggestion to answer these questions is always the same - LISTEN. If we LISTEN, we create a space for children and teens to tell us about needs, feelings, thoughts and beliefs, sometimes even without asking, like the comments from current group members shown above. Even children who are less likely to express with words will "say" things through their activity and behavior.

At the Center, adults have learned to slow down the need to tell kids what we think **we** know and take moments to LISTEN to what **they** know. It is then that we can begin to understand and become supportive companions on their unique journeys of learning to live with a grief that will impact them forever.

Listening can truly be gold.

School-year Support Groups

Nello's Corner offers support groups for children and teens ages 4-18 and the adults who care for them who have experienced the loss of a close family member. Age-specific groups are held on Tuesdays or Wednesdays afterschool or in the evening.

If you know of a family who might benefit, please share this newsletter and encourage them to give us a call.

Contact Lois at 610-222-4115
or lh@bereavementcenter.org

Volunteer Facilitator Training Course

Join us for this spring course for all who wish to volunteer with the children's groups of Nello's Corner or Camp Millie.

Three Thursdays, 6-9 p.m.
March 30th, April 6th and
April 20th
as well as
April 11th, 12th, 18th
OR 19th
(for a group observation)



Contact Christina at 610-222-4115
or cml@bereavementcenter.org

Thank You For Your Support

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." (Desmond Tutu)

Individual Donations:

(* signifies two or more donations during 2016)

John Alchin and Hal Marryatt

*Jim Alexander

- *In memory of Brian Alexander*

Richard Alleger

Annabel Antonelli

- *In honor of Elizabeth Kane*

Mira and Frank Batson

*Kim Beam

- *In memory of my parents, uncle and grandparents, all of my loved ones taken too soon*

*Mr. and Mrs. Robert Berardelli

- *In memory of Lawrence Smith*

*Mr. and Mrs. David Boreanaz

- *In memory of Barbara Pizer*

David Borkowski

*William and Virginia Bourne

Joan and John Bown

- *In memory of Larry Smith*

Victoria and Andrew Brownlie

- *In memory of Andrew's dad, Bo Brownlie*

Patricia Campbell

- *In loving memory of Anna A Mirabile*

Andy, Carol, Chris and Sierra Causak

- *In memory of Jennifer Gold and Larry Causak*

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*Diane Croce

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- *In memory of Henry, Bobbie and Matt DeMito*

- *In memory of Joseph Billedda*

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- *In honor of Shirley and Brad Elrod*

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Bruce and Connie Fretz

- *In memory of their son, Chris*

Helen Fretz

- *In memory of Elmer Richard Fretz*

Mr. and Mrs. L. Keith Fretz

- *In memory of Richard Fretz*

The Frosch Family

- *In memory of Captain Jeff Kuss*

Thomas and Judy Gallagher

- *In memory of Dottie DeVito*

Alice and Rob Gassner

- *In memory of Karlin Henze, Chris Atkinson, our parents, siblings, Mary Mazzaco*

Robert Gilchrist

- *In memory of Gordon F. Linder*

Judy Giuliano

- *In memory of Mary McLaughlin*

*James and Sarah Gowing

Mary Louise Graham

Jim and Katie Haig

- *In memory of Larry Smith*

Bill and Carl Halligan

Susan Hansell

*Herb and MM Harris

- *In honor of John Harris*

*Gordon Hart

Dottie Heebner

- *In memory of Ken Reyburn*

Candace D High

*Pam and Mara Howard

- *In memory of Dan Howard*

*Nancy and Roger Hunt

- *In memory of our dear friends, Larry Smith and Carl Mazzocco*

- *In memory of Mary Mazzocco*

Kenneth Husband

- *In memory of Jaime Husband*

Amary Kandil

*Diana, Joe and Ryan Kelly

- *In memory of Dr. Frank Husted, Allen R. King (beloved brother), Lehman Kapp (Methacton Educator)*

Winifred Keller

John and Carolyn Kelly

*Allison Kerlin

- *In memory of my grandparents and Uncle Rick*

Jack and Arlene Kilcoyne

- *In memory of Albert Capaldo*

Don and Gloria Kimmel

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- *In loving memory of Larry Smith*

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- *In memory of Lily Moylan on behalf of Team Super Smile*

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- *In memory of Jason Moyer and Karin Muse*

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- *In memory of Michele Neff*

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Pat Ruser

- *In memory of Michael R. Ruser, Sr. and David Ruser*

Jennifer Scheider

- *In honor of Elizabeth Kane*

*Carl and Holly Sensenig

Sara Serrano

- *In memory of my beloved son, Jose Serrano II*

Sheila and Neal Schneider

- *In honor of Christine Smith*

John Shane

*Mr. and Mrs. Robert Sibel

- *In honor of Ellie Marie May, our great-grandchild*

- *In memory of Robert W. Sibel, Jr.*

Drew and Melissa Smith

Mark and Beth Smith

- *In memory of Larry Smith*

*Robert and Barbara Smith

- *On behalf of Beth A. Smith*

Michael, Kelli, Kaitlin and Emily Suzuki

- *In memory of Eric Y. Suzuki on the*

- 5th anniversary of his death and his 23rd birthday*

Jane Thomson

- *In honor of my family*

*Kathy Thomas

Virginia Tinner

Bob and Sue Vincent

Emily Vincent

- *In honor of my amazing sister, Allison Kerlin*

*Ellen and Dave Watson

- *In loving memory of Larry Smith*

- *In memory of Jane and Jim Toomey*

Clara and Tara Weikel

- *In memory of Todd Coughenour*

Jim and Janet Wilde

- *In memory of Mary Mazzocco*

Kim Woodring

- *In memory of INCA*

Susan Wroblewski

BUSINESSES OR ORGANIZATIONS:

Boyertown Area School District

- *In memory of Jason Shellaway*

Central Schwenkfelder Church

Central Schwenkfelder Church-

- The Women's Christian Fellowship

Daws Rd Chiropractic

- *In memory of Mary Lem*

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The Women's Guild of Wentz's United

- Church of Christ

Won Community Service Center

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Andrea Cavitolo Foundation

- *In Memory of Andrew Cavitolo, father*

Julian A. and Lois G. Brodsky

- Foundation

Gifts of Joy Foundation

Nello Memorial Fund

The Stratton Foundation

Wynn Family Foundation

- *In memory of Jim Wynn*

Shirley and Brad Elrod

- *In honor of the birth of our granddaughter, Layla Sophia Elrod and our grandson, William Bradley Dingman*

Lawrence and Christine Smith

- Charitable Trust

- *In memory of my beloved husband, Larry Smith and in honor of my children, Christopher, Lauren and Andrew for their unyielding love and support.*
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The Center for Loss and Bereavement

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