

# CENTER *Connections*

  
THE CENTER FOR LOSS AND BEREAVEMENT

*“Not everything that is faced can be changed, but nothing can be changed until it is faced.”  
~ James Baldwin*



Changes are happening, many fraught with intense emotion and stress, around our community and world. As this pandemic continues and the suffering of crises, conflicts, and losses have accumulated, we have all felt impacts in our approach to work, play, learning, and living. For those who've had the tragic loss of a loved one during this time – due to Covid-19 or other circumstances – more changes are presenting in how dying, grief, and mourning are confronted.

Resilience is being tested for us all, yet most people will find the needed strengths to adapt to the many losses and changes associated with this time. At the Center, we understand that an important part of resilience involves reflecting on the experiences you are facing, taking stock in your feelings and coping skills, and being open to added support when needed. We encourage this increased self-awareness for grievers, knowing people are significantly more capable of making adjustments and finding new strength if they confront losses and struggles within and around themselves. We also remind people to find hope in the availability of helpers – to recognize that reaching out is both necessary and critical when life feels overwhelming and existing resources are strained.

Our Center is proactively responding to the growing, unique challenges in grief and loss that many are facing. Our requests for specialized care in therapy, peer groups, and supportive education continue to surge, and we anticipate that these needs will only grow. We are working hard to reinforce our capacity and strengthen partnerships to see our community through the compounded grief and complex trauma of this time. While our services remain virtual for now, we are continually assessing our own needed changes in operation to determine how to safely be present with our clients in their grief. We will continue to offer updates on our programming and resources for grief education in these monthly newsletters. Thank you for taking the time to check in with us. See more highlights and information on resilience in grief below, and reach out to us for more information or additional resources, as always.

If you would like to discuss more about our Center please contact our Executive Director, Emily Vincent at [emv@bereavementcenter.org](mailto:emv@bereavementcenter.org) or visit [www.bereavementcenter.org](http://www.bereavementcenter.org)

## Mark Your Calendars



*July 9th*

**FREE VIRTUAL COMMUNITY Q&A FORUM FEATURING DISCUSSION ON:  
The Anxiety of Reintegration during COVID-19**  
Thursday, July 9, 2020 -- 1:00p.m.-2:00p.m.

[Q & A INFORMATION](#)

*August 30th*

**Strides of Hope 5K**  
You can still register or donate!!!!

[STRIDES OF HOPE INFORMATION](#)

## Programs for Adults



**Ongoing Virtual Support Group for Healthcare Workers** during COVID-19 , facing issues of loss and grief every day during work and trying to protect families when home. The group will provide a safe, confidential outlet for release and camaraderie. Monday evenings, 7:00-8:30 p.m. June 22nd, July 13th, August 3rd and August 24th. We will then evaluate the need/options for continuing sessions. \$20 registration

**Mixed-Loss Virtual Support Group for Adults** grieving a recent death during this time, due to COVID-19 or any cause. Our sessions will offer a safe connection for sharing and expression with others who may feel isolation and detachment from lack of tradition social supports following a death. Every other Wednesday evening, 7:00-8:30 p.m. 7/1, 7/15, 7/29, 8/12 and 8/26 \$20 registration

[Request Information](#)

*Programs for  
Children and Families*



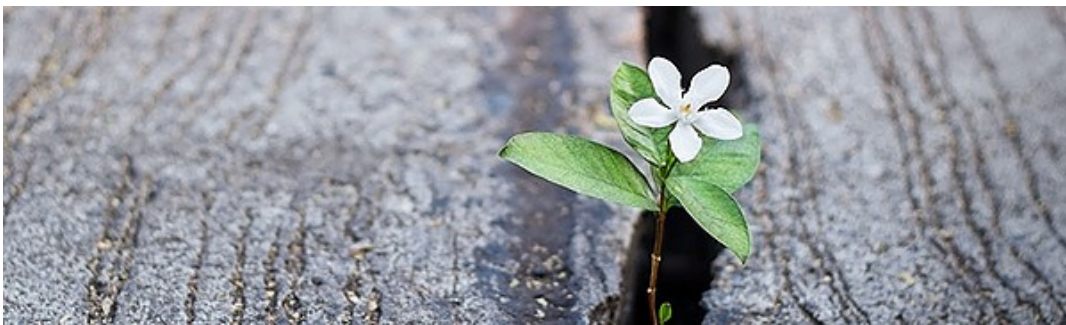
**Nello's Corner** – The children, teens and adults of our peer support groups held end of the school-year Zoom sessions by sharing memories, reflections and laughter. The program will be on its regular pause for the summer months. Any families interested in joining a group for September are invited to be in touch with us.

**Children / Teens Summer Virtual Peer Support Group** for ages 7-18 years grieving a recent death from any cause during this time of the pandemic. Participants will have an opportunity to learn from each other what grief is, how it feels and develop strategies for coping in age-specific breakout rooms. Six Tuesdays, 10:00-11:00 a.m. June 30th, July 7th, 14th, 21st, 28th and August 4th

[Request Information](#)

# Grief Brief

## *On Building Resilience*



*By Steve Keller*

Our clients, many of whom are already traumatized and bereaved, have been impacted strongly by formidable new societal challenges. Specifically, the seemingly perpetual coronavirus pandemic and recent social unrest exacerbate stress and anxiety to levels not seen in recent years. Many people experience a looming sense of uncertainty and helplessness which contribute to this anxiety.

However, mankind has historically suffered copious similar examples of adversity due to death and dying, natural disasters, plagues, war, racial tensions and civic strife. Despite devastating consequences of these calamities, humans have an innate instinct to not merely survive, but to adapt and frequently emerge stronger in the aftermath. This is the epitome of resilience.

The concept of resilience refers to the ability of an entity to absorb adverse shocks and perturbations without being destroyed, i.e. to “bend but not break”. This can be applied to an organism, person, marriage, family, community, economy, country, ecosystem, or the entire planet.

In humans, some intriguing research suggests that resilience may be partially genetically inherited, likely by influencing a predisposition toward a robust stress response when encountering adversity. Other genetic mechanisms are also likely to foster protection from stress-related psychiatric disorders. Research continues in this area.

However, scientists universally accept that resilience is also influenced by environmental factors such as early childhood experiences, stability of family life, access to adequate shelter and healthcare, spirituality, and social support.

The good news is, regardless of one’s genetics, childhood, or adult circumstances, all people and families can learn, practice, and build upon resilience. Our Center’s mission reflects the importance of supporting and fostering this resilience in grievers through programs such as counseling, support groups and continued education to allow for growth during uncertain and difficult times. The following resources provide additional edification on the subject, with a specific focus on strategies to cultivate resilience:

[The Three Secrets of Resilient People](#)

[A Psychologist’s Science-based Tips for Emotional Resilience During the Coronavirus Crisis](#)

[The Science of Resilience](#)

[Seek and Savour Joy](#)

[Building Resilience in the Era of COVID-19](#)

A teal rectangular box with the word "Spotlight" written in a white, cursive script font, centered within the box.

Spotlight

*"If you have any interest in kids at all, do it! You get more out of it than you ever can imagine."*



Meet **Mary Ellen Babbitt**, a long-time volunteer at the Center with a heart of gold. She has been a valued volunteer in both of our children's programs, Nello's Corner and Camp Millie, for the past 10 years! Mary Ellen always comes ready to share her ideas while bringing her positive energy to every child she meets.

When asked what she loves about volunteering in the children's programs at the Center Mary Ellen said, "It's not as sad as it may seem. You really help kids along their journey and watch them improve. In fact, it's a lot of fun."

Mary Ellen's dedication and service to those around her spreads far beyond the Center's walls as she also gives her time to the MS Society and the District Attorney's Youth Aid Panel.

As change is all around us, it is for Mary Ellen as well. She is moving out of the area and we are so thankful for the time she has given to our children's programs over the year. She will be missed dearly.

**Thank you, Mary Ellen, for all your time, support and dedication to the Center!**

*For volunteer inquiries please contact: Lois Harris at 610-222-4110 ext 118 or [lh@bereavementcenter.org](mailto:lh@bereavementcenter.org)*

*Clinical Counseling*



We are continuing to offer individual, couple and family counseling services via TELEHEALTH (video and audio option) for existing and new clients (HIPAA Compliant). As always, our mental health therapy is open to clients focusing on experiences with losses related to death, dying, and serious/chronic health conditions. In the face of this current pandemic, our counseling will be available to those who have been impacted by COVID19 as well.

[Request Information](#)

## Community Connections

We sincerely **give thanks** to all of the donors and volunteers who have continually supported the Center over our twenty years of service. Your generosity has enabled us to connect people in need with the hope, guidance, and restoration offered in our specialized programming. We are especially grateful for your contributions to help us meet increased need of grief support in this time.

*Here are ways you can support the Center:*

**SIGN UP FOR OUR 5K**

You can still register for our 5k and build a team to join you in taking Strides of Hope!

[www.bereavementcenter.org/stridesofhope](http://www.bereavementcenter.org/stridesofhope)

**August 30, 2020**

*The event will be held virtually if we are unable to have the event at the park*

**DONATIONS**

The simplest way to make an impact is through a contribution. You can mail or make a donation online at our website. You can also designate this gift in memory or honor of someone. We gratefully accept the support of individuals, corporations, or foundations.

# VOLUNTEER

Whether a one-time event or an on-going commitment, volunteers are at the heart of much of the work at the Center. No prior experience is necessary; however, some positions require mandatory trainings offered each year by the Center's staff. Contact us to see how you can help!

## MATCHING GIFTS

Many employers sponsor matching gift programs and will match any charitable contributions or volunteer hours made by their employees. Others build their donation by raising funds through special inspiring group efforts, like targeted Facebook Fundraisers

*For more information visit*  
[bereavementcenter.org/donations](https://bereavementcenter.org/donations)

DONATE

REQUEST INFORMATION



THE CENTER FOR  
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www.bereavementcenter.org  
3847 Skippack Pike - Unit PO Box 1299,  
Skippack, Pennsylvania, United States, 19474

610-222-4110  
emv@bereavementcenter.org

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