

CENTER
Connections



THE CENTER FOR LOSS AND BEREAVEMENT

Uncertainty

We need not know where
we are going, no clear
image of future rising
in the distance, just our
quest of questions, pure
presence that pushes us
onward with some interest
as our guide. What does
illuminate the path?
Only passion, only our
choice of purpose.

Aim toward that which
buoys the spirit best,
let it shift and change,
follow the feelings
most sacred, the ones
in the center of self.

-j.suskin 2019



It is striking to read these words, written by Jacqueline Suskin, an inspiring, acclaimed poet – from just last year. Her eloquent take on Uncertainty points to the instinctive need to find purpose, meaning, and passion as we wade, tread... or even float – through life's unknown waters.

Along with the rest of the world, at the Center for Loss and Bereavement we are weighing decisions in new programming and making adjustments to increase our presence through these challenging times. Through all of the risks and difficult

circumstances we face – one thing is certain. We are grateful to have guiding sources of wisdom, consistent core values, clarity of purpose, and generous support to help light our way.

The need for compassionate, specialized services at the Center has remained strong. As we respond to a growing need in our community, we are also growing in certainty about our goals for this next year. We are committed to increasing opportunities for grieving children and adults to benefit from peer group support, doubling efforts of educational guidance in grief, and reducing barriers for more people to access our quality, trusted counseling services. As more people turn to us, we want to be in a position to offer as much help as possible.

We are hosting two upcoming opportunities to bolster our mission. On August 30th, we'll be kicking off our rescheduled Strides of Hope 5k race in a virtual format. Whether participating at the local Heebner Park or in your own neighborhood trails, we hope you'll join us in raising funds and awareness on the collective importance of surrounding grieving individuals and families with community support. Through the month of October, we will be running a 20-day online campaign to safely celebrate our 20th anniversary honoring the enduring mission, the dedicated people, and the meaningful stories that have stemmed from our many years of service. We invite you to connect with us through these events and to invite others to find personal meaning in supporting the passion, resilience – and certainty – of our worthy cause.



Centered Conversations:
Let's Talk About It

August 13th

Children's Grief during COVID-19

1:00 pm-2:00 pm

September 24th
Funerals & Rituals During COVID-19
1:00 pm -2:00 pm

(FREE topic-specific forums)

CENTERED CONVERSATIONS DETAILS

Strides of Hope Virtual 5K

August 30th- September 7th
You can still register or donate!!!

STRIDES OF HOPE DETAILS

Professional Roundtable Training

October 22nd
Funerals & Rituals:
A Culturally Considerate Perspective during COVID-19
CEU Credits Available

TRAINING DETAILS

Community Connections



The Strides of Hope 5k will now be virtual! We have evaluated every possible option and determined that a "Virtual" Race is the best way forward for this year. While we are missing being together at once, the health and well-being of the community is our top priority. We have a great app to guide you through the run and will schedule a designated packet pick up on August 30th if you want to run at the park and grab your swag!

All proceeds support the important mission of the Center for Loss and Bereavement!
Help us reach our fundraising goal to further our mission's impact!

STRIDES OF HOPE DETAILS

Grief Brief

As We Reintegrate Back into Society, Anxieties Rise



By Shelley Robbins

As many governors recently continued to reopen their states, Covid-19 relentlessly rears its' ugly and unpredictable head with clustering spikes, leaving us as a society bewildered as to how we can safely and slowly return back to life as we somehow knew it. In this new world that we live in, many find themselves shackled in a state of worry, confusion and fear.

Coronavirus has been a masterful thief and has stolen our very basic trust in a world where predictability and known risks of safety were priorities in which we exerted a sense of control. We no longer can rely on the places that we frequently intersected or the people that we interfaced with to be safe, unless socially distanced and with precautions in place. Everything feels calculated and planned. Spontaneity and carefree living feel like distant experiences of the past. As we re-emerge into this unknown landscape, our anxieties often can flare and we can find ourselves wishing for our carefully constructed, quarantine bubbles once again. Though stifling in them, we felt secure and in control. As we now struggle to up-right our lives overwhelmed with grief and loss, we face new worries, added changes, and conflicting perspectives within and around ourselves.

So how do we carefully disrobe some of our layers of loss and fear, while still clinging to a necessary protective one? How do we skillfully go back to work? Send our children to school? Begin to assimilate into a new 'normal' life with sports, restaurants and doctor visits? As in grief, the many questions we ask ourselves do not have simple solutions. There aren't boxes to check or linear phases to move through. However, we can soften the height of anxiety and begin to process the many losses, changes, and decisions we are faced with by use of mindful coping measures and strong support systems.

Control what you can.

Often anxiety can be triggered from feeling out of control, so harness your physical environment as much as you can. If not comfortable, don't rush back into life just because it is open. Self-advocacy is vital during this pandemic. Do what feels right to you, not to be pressured by others. Find a comfortable balance between virtual and in-person daily function. Perhaps this means finding home-school or cyber school alternatives for children as well as continued virtual working environments while still venturing to stores to shop for food. It is important to remember that as our opinions and perspectives differ, so do our experiences. Staying active in our own safety and security however that may look, often helps to curb ruminative, worrisome thoughts.

Embrace flexibility & new opportunities.

An awareness of our mindset is critical to successful reintegration. We can only control our own actions, not those of others. Practice gratitude and engage in mindful, present-moment thinking. Maintain self-care regimens and utilize coping skills that have been useful in the past, altering as needed during this unique situation. Physical movement, exercise, mindfulness, being outdoors, and simple deep breathing techniques are all healthy coping skills that many find helpful in relieving stress. Reflect on what stimuli may disturb your sense of peace and increase anxieties and take steps to limit or distance yourself from them. Give yourself permission to have life be messy at times, letting go of the need for things to be as they were, or necessarily predictable. The more that we can shift our mindsets to ones of compassion, gratefulness, and turning 'towards', the more successful we will be at squelching the gremlins of anxiety tied to what we are unable to do.

Seek Support

We live in a society where support is accessible at our finger tips, yet it is often difficult to take advantage of for our own well-being. Identify key support people and lean on them, whether it be to process feelings or perspectives, to help with daily needs such as child care and shopping, or to promote self-care and companionship. Even at a distance, continued socialization can help promote normalization in a seemingly "abnormal world". Where grief and isolation persist, know that professional and peer support is available. At the Center, our services help build on strengths to promote healing, comfort, and growth for individuals, families, and organizations in need. Please reach out to us if you or someone you know could benefit from added support in these trying times.

"I do not at all understand the mystery of grace—only that it meets us where we are but does not leave us where it found us." — Anne Lamott

Spotlight

“Working with an amazing team of people who truly care and want to bring comfort to people in need of support and help”



Robb Muse has been a valued, long-time volunteer of the Center and now serves on our Board of Directors supporting matters of governance and human resources. Robb's experience as a volunteer fueled his desire to support the Center in new and developing ways and for that unique perspective, we are grateful.

When asked what led him to the Center, Robb shared “I was initially drawn to the Center some 14 years ago as a volunteer- a short time after my mother died. I was seeking a volunteer experience working with kids dealing with grief challenges”. Robb's hope for anyone that comes to the Center is that “they will stick with the Center long enough to heal and collect the ‘tools’ they need to deal with their grief. Sadly, grief is a life-long journey for survivors and having a full ‘tool-box’ is critical”.

Robb describes the Center as warm, kind and supportive- and we can truly attest that he has contributed to those valued sentiments, as he has graciously displayed his support and continues to be an integral part of our team in supporting members of the community through their grief.

Thank you Robb for all your time, support and dedication to the Center!

For volunteer inquiries please contact Lois at 610-222-4110 ext 118 or lh@bereavementcenter.org or to inquire about supporting our board efforts contact Emily at emv@bereavementcenter

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. \$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. \$20 registration-Beginning August 2020

Virtual Loss of Sibling Support Group for adults looking for group support following the death of a sibling. This group will offer a safe and welcoming circle of support to process emotions and experiences. This begins Thursday, September 3rd and will run for 6 weeks. 7:00p.m.-8:30p.m.

[Request Information](#)

*Programs for
Children and Families*



After careful thought and consideration we have determined that our Nello's Corner peer support group program will continue to be offered using a virtual format when it resumes in September following our summer pause. Feedback from our 2019-20 participants indicated that while there is adjustment to not meeting in person, support, sharing coping strategies and experiencing connection continue to be possible over the internet. We are currently making plans for our groups and meeting times. If you or someone you know has experienced the loss of a family member and wishes to learn more about our school-year groups, please reach out to us. There is a place waiting in one of our circles of support!



Our Center is in the process of developing grief training and group options for school districts in our communities. We hope to provide education and practical tools for teachers, counselors and administrators to use in understanding and supporting any students or staff who may be grieving, especially during this time of the pandemic. The experience and expertise we can offer will hopefully lighten their load, as we look to become a valuable resource for them to share with grieving families. Just a reminder that if your family has experienced a recent death, please inform your child's school counselor to see what supports your child's school may have in place to help.

[Request Information](#)

Clinical Counseling



Clinical Service Update

We would like to thank you for your continued understanding and patience as we navigate the current COVID19 public health crisis. We are doing everything possible to safely maintain accessibility and availability of our staff and volunteers to support our clients' needs through this time. Our organization has abided with the local, state, and federal guidelines in addressing this pandemic, making HIPPA compliant online access available for our therapists to conduct sessions and for our group programming to remain a support for clients during this uncertain time of physical distancing.

For more details visit:

[Clinical Service Update](#)

[Request Information](#)

[DONATE](#)

[REQUEST INFORMATION](#)





**THE CENTER FOR
LOSS AND BEREAVEMENT**

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

610-222-4110
emv@bereavementcenter.org

You can **unsubscribe from this list.**

Copyright © 2020 The Center for Loss and Bereavement, All rights reserved.