

# CENTER *Connections*

THE CENTER FOR LOSS AND BEREAVEMENT

## *A Season of New Strides*



As another turn of seasons approaches, we seek to find optimism and courage through continued unknowns. The Center's staff have taken time this summer to adjust our pace, finding an enduring stride to steadily carry our mission into this fall season of programming after sprinting over hurdles that spring brought us all. As the school year adjustments in guidelines and scheduling bring relentless waves of stress and anxiety to the masses, our team takes comfort in knowing we have the tools to offer targeted professional guidance as well as consistency in buoying support for parents, teachers, administrators, and youth – while grief continues as a 'Centered Conversation' around many circles. Read more details below about the upcoming specialized groups and education programming that our Center is offering to everyday people and to schools this fall, and how we are continuing our services in remote ways while deepening our connection within the community.

For those not already connected to us on social media, please consider adding our Facebook, Instagram, Twitter, or LinkedIn pages to your news feed. We feature frequent programming updates, articles, and resources, bringing shared wisdom and hopeful connection to your media consumption through these challenging times. Also be on the lookout for the Volume 20 fall edition of our Highlights print newsletter, kicking off our 20th Anniversary Celebration this October. Along with the Strides of Hope 5K, this fall we will also be honoring the Center's journey leading up to this incredible milestone. We are grateful for the many ways that people have been part of our story

over these 20 years and look forward to reflecting on the achievements and strength born of compassionate people focusing on building hope, help and healing with others. Please join us!

# Mark Your Calendars



## **Centered Conversations:** *Let's Talk About It*

### **September 10th**

The Anxiety of Reintegration 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 donate!!!

Please help raise awareness for the hope that builds from a community's investment in the resources that stabilize and support its members in need.

[STRIDES OF HOPE DETAILS](#)

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# Professional Roundtable Training

## October 22nd

Funerals & Rituals:

A Culturally Considerate Perspective during COVID-19

12:00 pm-2:00 pm

*CEU Credits Available*

TRAINING DETAILS

*Spotlight*

*Meet Gracie & Sadie!  
Our Lovable Four-Legged Therapy Dogs*



Gracie has followed in the beloved paw prints of our first therapy dog, Clara, and has been working with the Center since 2011. Over the years, she has spent time comforting clients in therapy sessions, visiting our Nello's Corner children's groups and kicking off her summers with endless love and attention at Camp Millie. Gracie was certified through Therapy Dogs International (TDI) when she was 1 year old and had to pass a series of tests in order to officially be able to work at the Center. Due to the current pandemic, Gracie (like us all) is missing her in-person visits in the office, although she has made appearances in therapy sessions with her owner and our valued therapist, Claire Drexler. In her spare time, Gracie enjoys walks at the park, greeting anyone she meets with a wagging tail, and long naps!

Sadie, the newest canine member to our Team, received her certification through Comfort Caring Canines in December 2019 and quickly began attending Nello's Corner groups to provide comfort to grieving children. Shirley Elrod, Sadie's owner and one of the Founders of The Center, dedicated her time to helping Sadie pass both the obedience and temperament requirements necessary for certification. In her time "off", Sadie has been busy socializing at doggie daycare, along with practicing "minding her manners" every day. She also looks forward to the days ahead where she'll be back to bringing joy in receiving warm hugs from the children in Nello's Corner and Camp Millie.

Both Gracie and Sadie are valued members of our team here at The Center for Loss and Bereavement. They truly benefit from the reciprocal connection and interaction in therapeutic settings while supporting individuals in their unique grief process. They'll both be cheering on any safely distanced participants in our upcoming virtual 5k, which some will be running at Heebner Park on 8/30. If you are joining us there, they'll wag you on from the sidelines! Regardless of whether you can see them there, Gracie and Sadie look forward to someday meeting you in person and wish you continued health and wellness!

# Grief Brief

## *Children's Grief during Covid 19*

By Steve Keller



Most parents who bring their children to our Center for counseling or group support have sustained the death of a loved one, usually someone of significant importance to the children. Some seek services immediately following the death and others come months or years later. Particularly if the deceased was a parent or caregiver, bereaved children typically experience a loss of sense of security and trust in the world. Regardless of the child's age, it is of paramount importance to reestablish stability and safety to begin a healthy, healing grief process. This requires surviving caregivers to provide structure, predictability, honesty, and a balance between discipline and nurturing. Under the best of circumstances (which rarely happen), this process is painstaking and extremely challenging for the entire family.

Although COVID-19 has devastated populations worldwide, bereaved children are particularly affected by the various sequela of the pandemic. As grieving children are struggling to find a sense of security and trust, the pandemic introduces a new danger and uncertainty. Specifically, safety guidelines have resulted in disruption of predictable routines, physical distancing from peers and extended family, economic hardship, school closings, etc.

Overall, as bereaved children are most vulnerable, the pandemic complicates the healing process. The good news is, children are remarkably resilient, especially if parents or caretakers adapt quickly and creatively to the conditions necessitated by the pandemic.

The following resources offer guidelines on how to help grieving children during this uniquely challenging time.

[WHEN YOUR WORLD IS ALREADY UPSIDE DOWN Supporting Grieving Children and Teens During the COVID-19 Global Health Crisis](#)

[Responding to Change and Loss: In support of Children Teens and Family](#)

[Kids Are Grieving, Too](#)

[How Children Process Grief and Loss Through Play](#)

# Programs for Children and Families



Our Nello's Corner peer bereavement support group program is set to resume in September using the virtual platform, Zoom. We welcome children and teens ages 4-17 years to share stories, develop coping strategies, and offer support to others who have experienced the death of a family member. An adult virtual group will be offered as well, for the parents and guardians to share insight on the challenges of raising a grieving child. Nello's Corner is a donation-based program and available during the school year. Registration is ongoing and includes a registration form and a virtual "visit" with one of our staff prior to joining a group.

**Schedule:**

Every other Tuesday: Ages 4-6, 8-9 (4:30 pm) and ages 9-12, 12-14 (7:00 pm)

Every Other Wednesday: Ages 7-8, 9-11 (4:30 pm) and ages 15-18 (7:00 pm)



The Center provides a variety of programming to school districts in our area including trainings, forums and support groups. As more schools have decided to begin the year virtually, scheduling difficulties may make offering groups a challenge for overburdened school counselors. Participation in a Nello's Corner support group is an option to consider. It will provide support for students who are feeling isolated with their grief or experiencing triggers to their loss brought on by the pandemic. It gives a non-school structured format for open sharing and release. Counseling appointments with one of our grief therapists are also available for those needing help navigating specific issues in an individualized setting. Contact your child's school counselor for information about the Center or contact us directly through our Request Information button.

[Request Information](#)

## Programs for Adults



Let's get together...  
virtually!

### *New Group Offerings*

**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, September 2nd, 16th, 30th, October 14th, 28th, & November 11th 7:00p.m.-8:30p.m. \$20 registration

**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. Thursday, September 3rd, 10th, 17th, 24th, & October 1st, & 8th. 7:00p.m.-8:30p.m.

**After the Bell Virtual Support Group for educators and school personnel facing issues of loss and grief with students, coworkers and selves.** This group will

provide a confidential and safe space for processing and expression. Schedule TBD  
\$20 registration

**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. Schedule TBD \$20 registration

Request Information

## Community Connections



**The Strides of Hope 5k virtual race starts on August 30th!**

Although registrations for our virtual 5k are officially closed, please consider **donating!** Please help raise awareness for the hope that builds from a community's investment in the resources that stabilize and support its members in need.

**Please remember to take pictures and tag us! #stridesofhope**

FAQ'S

## Clinical Counseling



## *Clinical Service Update*

Our specialized grief counseling remains available in telehealth format for individuals, couples, and families, offering individualized support to children, teens, and all ages of adults. Please reach out for more information if you or someone you know is in need of a more intimate therapeutic connection through their journey with loss.

[Request Information](#)

[DONATE](#)

[REQUEST INFORMATION](#)



[www.bereavementcenter.org](http://www.bereavementcenter.org)  
3847 Skippack Pike - Unit PO Box 1299,  
Skippack, Pennsylvania, United States, 19474

610-222-4110  
[emv@bereavementcenter.org](mailto:emv@bereavementcenter.org)

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