

CENTER *Connections*



The Center *for*
Loss and Bereavement

Mark Your Calendars



Centered Conversations

Open to the public at no cost.

Grief and the Holidays during COVID-19

November 19th

1:00-2:00 p.m.

Professional Roundtable Training

CEU's available!

**Empathy for the Empaths: Applying Grief Principles
from the Professional's Perspective**

February 25, 2021

12:00-2:00 p.m.

**Resilience Rebirth & Resourcefulness:
Meaning Making in the Face of Adversity**

April 22, 2021

12:00-2:00 p.m.

TRAINING DETAILS

Community Connections



Join Us in Honoring 20 Years of
HOPE • MISSION • IMPACT

THANK YOU!!!!

We are so grateful to those who followed with us for 20 days, helping share in our 20 years of milestones, memories, and meaning. Thank you for your support and engagement, and in trusting us to take this special mission forward into the lives of others. However you have come to know us, we hope that the reflections shared through this anniversary have broadened your understanding of who we are and what we do, and of the grief experiences supported in the people who have come to us.

[Please visit our anniversary page to see all 20 Days!](#)



I WANT TO SUPPORT 20 YEARS OF IMPACT

Clinical and Group Programs Update



Let's get together...
virtually!

Our counseling and support group programming continues to extend its arms out to the community to provide comfort and peace to those grieving during this season of change. We invite interested individuals, couples, and families to reach out to the Center through email, phone or our website to connect with Kim Burian, our Intake Coordinator. She will offer information and guidance as to which program - Counseling, Nello's Corner, Specialized Support Groups - could be beneficial. Please see below for an updated list of available adult support groups.

Mid Loss of Spouse Support Group- for adults approximately ages 40-60 grieving the loss of a spouse or partner. Beginning Thursday, November 5th and continuing on November 12th, 19th, and December 3rd, 10th, & 17th.

7:00-8:30p.m.

**very limited space available for this group*

Mature Loss of Spouse Support Group- for adults ages 60 and older grieving the loss of a spouse or partner. (Schedule TBD)

Loss due to Suicide Support Group- for adults grieving the loss of a loved one due to suicide. (Schedule TBD)

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](#)

Grief Brief

**Pregnancy and Infant Loss:
Supporting the Silent Grievers**



By Ashley Herr

As you may know, October is Pregnancy and Infant Loss Awareness month. You may be reading this article as a professional in the mental health field, a member of the community, or someone who has had a loved one die. Or, maybe you or someone you know has experienced the loss of a baby, too soon. Whatever your reason, taking a moment to understand this group of grievors can help to spread awareness and give a voice to what may feel like a “silent grief” to many.

1 in 4 pregnancies result in a loss before delivery. A loss that often feels disenfranchised to families, as it is not always socially acceptable to publicly mourn. Therein, the loss of a baby can be devastating as it disrupts the assumptive world and the interpretation of what families imagined their future to be. As a society, we are becoming more accepting and open to expressing grief by way of fundraisers, social media, memorial services and gatherings, etc. To continue this notion, it is important to support all groups of grieving individuals despite how or when their loss occurred. It can be helpful to validate a loss by inviting those who are grieving to share their experience openly, normalize their most intimate feelings, and continue to acknowledge the life that was once there despite new milestones, relationships, and celebratory events that may come. Bringing light and life to photographs and memories may be helpful in continuing the bond and ongoing connection that families have with their baby.

As people move through difficult moments in life, especially grief, it is in our nature to rely on and seek genuine human connection. Below, is a list of

resources that may be useful in finding support and opportunities to connect with others who have experienced the loss of a pregnancy or infant. We also invite you to reach out to our Center for counseling support and/or group opportunities so that we may stand beside you as you move through your unique grief journey.

[Loss & Grief in Pregnancy & Postpartum](#)
[Share Pregnancy & Infant Loss Support](#)
[March of Dimes : Loss and Grief](#)
[The Tears Foundation](#)

[DONATE](#)

[REQUEST INFORMATION](#)



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