

CENTER *Connections*



The Center *for*
Loss and Bereavement

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Where flowers **BLOOM,**
so does **HOPE.**

Lady Bird Johnson



Every year, the cold of winter melts away, and spring brings something new. With this spring's arrival, we look forward to many changes and new things!

Here at the Center, we are preparing for Camp Millie, Trainings, Centered Conversations, plus a special Fields of Hope U-Pick Sunflower event.

Please read about all the exciting things planned for the upcoming season!

Mark Your Calendars



Centered Conversations

Education offered for public wellness at
NO charge, donations appreciated!

Resiliency & Growth

Thursday May 20, 2021

1:00-2:00p.m.

CENTERED
CONVERSATIONS
DETAILS

Professional Roundtable Training

2 CEU's available for each training!

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

April 22, 2021

12:00-2:00 p.m.

TRAINING
DETAILS

2021 CAMP MILLIE TRAILBLAZERS

June 21st-24th

9:00 a.m.-2:00 p.m.

CAMP MILLIE
INFORMATION

For more information, please see our Program Updates below!

FIELDS OF HOPE U-PICK SUNFLOWER EVENT

Please save the date for our summer outdoor event!

July 15-20, 2021

FIELDS OF HOPE
INFORMATION

(More specific details to come)

CAMP MILLIE 2021

TRAILBLAZERS!

JUNE 21-24
9 AM - 2 PM



AGES
6 -12 YEARS

We are very excited to announce

Camp Millie 2021 TRAILBLAZERS

For 15 years, this special day camp program has brought connection, laughter, and joy into the lives of children grieving a family member. Please help us spread the word.

Camp Millie participants become pioneers as they incorporate familiar western images with individual stories of loss, change, survival and hope. Activities include mask making, country-western hoe-downs and a possible rattlesnake ruckus, facilitated by the Center's staff and specially-trained adult volunteers.

When: June 21st, 22nd, 23rd, 24th (Mon - Thur) 9 am - 2 pm

Where: In-person at Central Community Center on Steelman Road, Lansdale, PA

Who: Children ages 6 - 12 years old who have experienced a loss of an immediate family member

(Those 13+ years may inquire about a different option which may be offered in July)

How: Registration Information, Covid-19 Policies and Procedures, a video, photos and a link to our Registration Form are found at bereavementcenter.org/camp-millie/ or call us at 610-222-4110.

Camp enrollment will be limited. Priority is given to new families.

Cost: \$100 per camper with reduction for families with multiple children.

Some needs-based partial scholarships are available.

CAMP MILLIE
INFORMATION

Community Connections

FIELDS *of* HOPE



Join us this summer for our fields of Hope Sunflower event!

SAVE THE DATE!

The event will run from July 15-20, 2021

There will be opportunities to register for individual or group slots to safely:

- “Pick Your Own” Sunflowers
- Purchase Pre-designed Flower Arrangements
- Participate in Plein Air Painting for Artists
- Have Professional Portraits taken in beautiful Sunflower Fields

All proceeds will benefit The Center for Loss and Bereavement’s Mission and Services!

More Details will be posted soon!

<http://bereavementcenter.org/fieldsofhope/>

Grief Brief

By: Steve Keller



Our practitioners draw on a variety of current, evidence-based grief models and therapy concepts in their work. One of these is called "Continuing Bonds." Continuing bonds simply means that it is encouraged and healthy for survivors to maintain the relationship with the deceased. This relationship can no longer be one of "flesh and blood" but can be maintained as a mental image or internal representation of the deceased.

This conceptualization of grief represents a shift away from the premises of traditional psychological thinking that have dominated the Western world for roughly the past 100 years. The concept of grief resolution in Western thinking was conceived

primarily by Freud but augmented significantly by many others. Freud's view was that a healthy response to a loved one's death was to "sever ties" to the deceased. In this view, the survivor experiences intense "missing" and "yearning" feelings toward the deceased and the life they shared. These feelings should be "worked through," thereby gradually reducing attention to the loss, as well as the deceased. Ultimately, bonds with the deceased need to be broken so that the survivor can adjust and recover. In this thinking, the survivor must create a "new identity," in which the deceased has no part.

Socio-cultural research shows that the "breaking bonds" perspective is not shared by other cultures and religions of the world (predominantly far Eastern), nor was it in vogue in the Western world before Freud and others. These cultures embrace the concept of "Continuing Bonds" as a perspective for experiencing the grief process. This view highlights the notion that the survivor maintains an "internal representation" of the deceased with which he/she has an ongoing "relationship" that likely exists until he/she also dies. This "internal representation" refers to a mental image of the deceased associated with his/her personality characteristics, memories, etc. Both the mental image may change over time as the survivor changes and evolves, and so might his/her "relationship" with the mental image. This ongoing "relationship" may involve perpetual "conversations" in one's imagination with the deceased, a sense of maintaining loyalty to the deceased, a sense of "being watched over" by the deceased, and involving the deceased in decision-making.

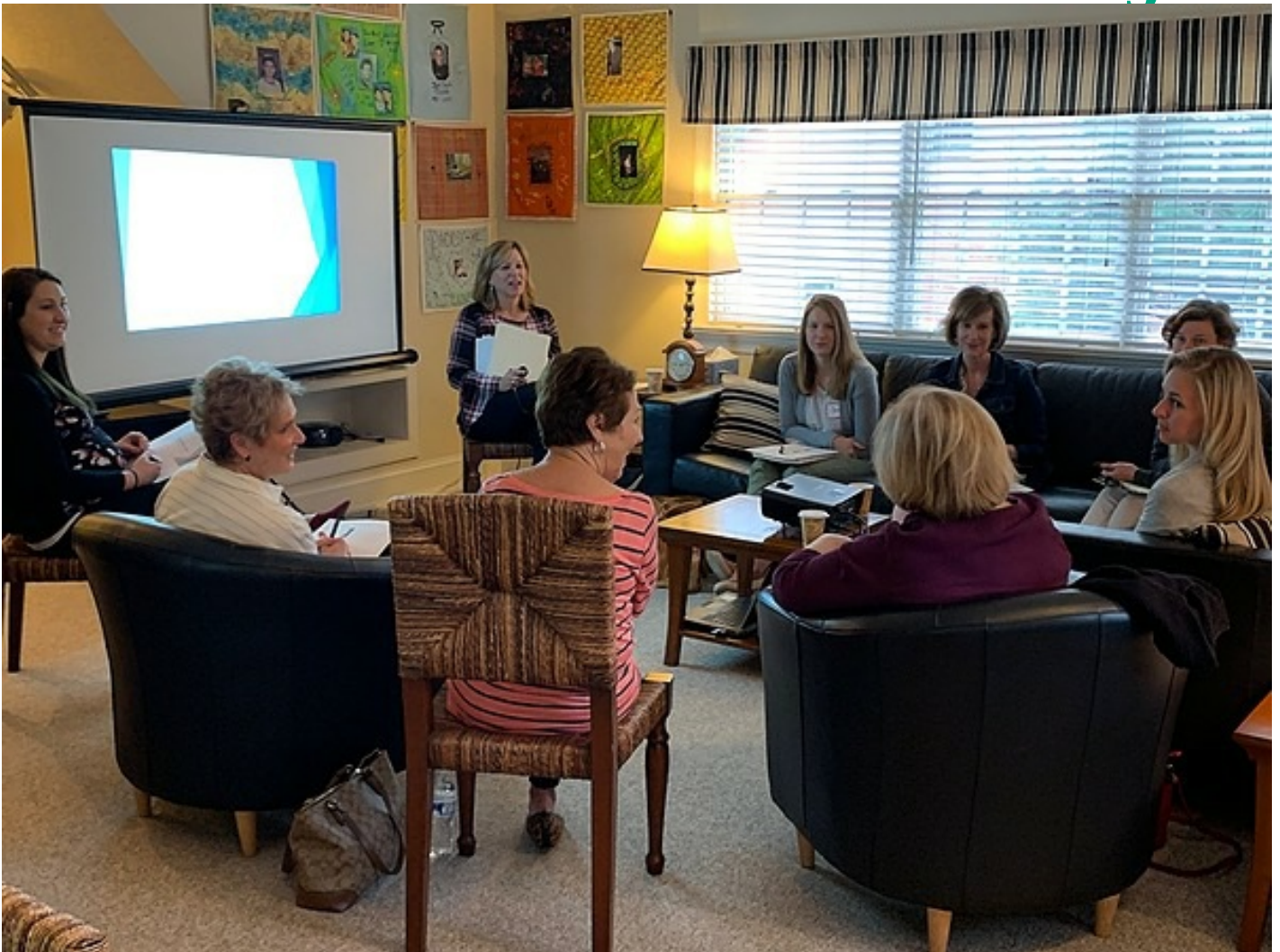
Maintaining continuing bonds with the deceased Does Not Mean denying that the death happened, living in the past, or failing to adapt to the loss and move forward with new life changes. In fact, studies show maintaining a relationship with the deceased can be a strong impetus and motivator for healthy adjustment and subsequent finding new purpose and happiness again in life. In this way, the deceased and former life are never forgotten but "carried forward" and integrated into the future.

The following are additional resources on the subject:

- [Continuing Bonds: Shifting the Grief Paradigm](#)
- [Continuing Bonds](#)
- [Poems to Grieve By Love, Loss, and Continuing Bonds](#)

Spotlight

Professional Roundtable Trainings



Did you know that we host topic-specific Roundtable Trainings for professionals 3 times per year? We aim to present on topics that have been requested by previous participants to provide education, support and awareness on grief and bereavement. A few of our most recent topics included Empathy for the Empaths, Addictions Aftermath, Ambiguous Grief & Loss, and Case Studies in Children's Grief. Similar to

our in-person trainings, we aim to keep our virtual trainings more intimate with a smaller group-size, which leads to increased comfort and interactive discussion. Our hope is that by attending, this valuable information, the opportunity for professional discussion, and shared experiences are carried back to better support the community and those with whom we work.

We welcome you to join our upcoming virtual training Resilience, Rebirth and Resourcefulness: Meaning Making in the Face of Adversity on 4/22/21 from 12:00 -2:00 p.m. (CE's Available)

For more information and to register, please visit
bereavementcenter.org/trainingregistration/

TRAINING
DETAILS

You can also still contribute to our [20th Anniversary!](#)

DONATE

REQUEST INFORMATION





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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