



Center Highlights

VOLUME 22, ISSUE 1 Spring 2022

FROM THE EXECUTIVE DIRECTOR

Each year many people who reach out for information about our services are curious about what is “normal” or what to expect through grief’s course. Most are unsure if they (or their family member/friend) should start individual or family counseling, or if a peer support group may be right for them. When is the “right time” for these services? How long and how often do “most people” need to be involved in services like this? How do we encourage someone else to get help? Reflecting on these questions is a natural part of the process, as grief has the power to take away people’s natural sense of predictability, control, and security in their world.

Each individual’s circumstances living through loss will be unique and worthy of attention in as many different modes and moments as there are diverse beings on the planet. While some find inner strength and external resources sufficient to move through grief for years on end, others cannot imagine going one more day without getting help. Some compartmentalize grief for decades and reach out later saying “I feel like I can finally take time to address this”. Many find themselves on a roller coaster of emotions, trying to find a balance between good days and rough ones, over time becoming curious what “a little bit more support” would do for their sense of stability. Some come to us for one loss, then years later return to address new loss while revisiting those of the past.

Regardless of where people fall on their timeline or path, we emphasize the importance of knowing **you are not alone**. Our Center offers a warm, safe space to be present with your feelings and with others who can bear witness to your story, bringing experienced understanding and healthy perspective when needed. Whether you are known or new to us, throughout this newsletter we hope you learn more about our many services and the impact each has had on others. Thank you to the program participants who shared their stories throughout this newsletter, and for those who continue to offer support for our services so that we can continue to be a resource for so many.



Emily

Emily Vincent, LPC FT
Executive Director

FLEETING MOMENTS

By Sadie Markley

To live with your memory
molds my heart,
then breaks it again.
The pain never fully ceases.
The emptiness in my life increases.
The memory of you
plays over
and over
and over.
It is impossible to forget.
I won't forget,
I can't forget.
You left me wondering,
wondering what I'll do without you.
Wondering what my life will be like now.
It hasn't been the same.
I haven't been the same.
Nothing will ever be the same again.
The memory of you haunts me,
but I find comfort in your spirit,
comfort in the pain I feel from you.
As long as I feel,
you are still here.

- Your ghost keeps me company.



I lost my dad when I was 13 and thought the world was over. It wasn't until I was 22 and out of college that I was able to fully come to terms with this loss. I found this peace and understanding through writing and dance. I wrote this poem 9 years after his death, during a night reminiscing with my mom. We recalled memories and she told me about the man my dad was before I knew him. Hearing these stories for the first time as a young adult really helped shine a new light and gave me a fresh understanding of my dad.

*Fast forward to 2020, I am 25 years old, and I lost my grandfather, my mom, and my grandmother all in a year and a half. I thought the world was over again. All of my previous years of counseling and lessons learned at Nello's Corner and The Center for Loss and Bereavement couldn't have prepared me for this new wave of feelings. **It hasn't even been 2 years since losing my three best friends but my therapist and the amazing program at the Center is helping me navigate through the toughest time in my life.***

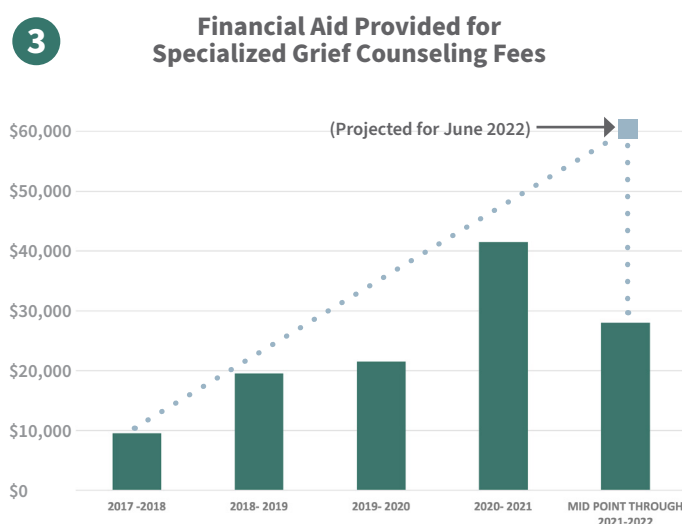
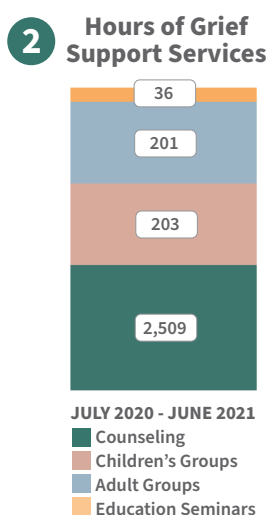
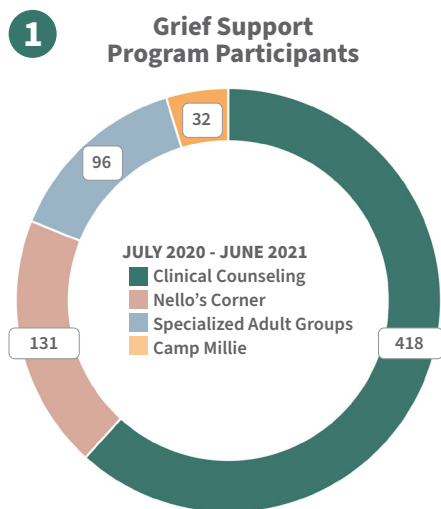
Looking back on this poem and several others I wrote about my dad I find new grief and familiar comfort wrapped in one. In my sadness, I am reminded that my loved ones aren't far from me. Remembering them through the memories is how I can keep them with me as I venture through a new part of life.

- Sadie, active Counseling Client
and previous Nello's Corner Participant



Our mission depends on your generous giving!

Our needs have grown with our community's, and we are working hard to sustain our strength with that of our clients. Each donor who contributes to our annual giving and special events enables us to offer programs that reach a wide variety of grief needs throughout the community. Thank you to the people who have trusted us with their care and to the many donors who have added to our funding in support of others each and every year. Together, you inspire us along with the people we serve.



Thanks to your generous giving, on top of these core services, numerous grief consult support sessions were provided in virtual, on-site, and outreach efforts. While all services have increased in demand as the pandemic pushes on, counseling sessions have now doubled their rate from five years ago. Through that same time, financial aid provided to counseling clients has risen 5x. Donations have allowed these services to be accessible to more people in financial need, now and on the road ahead.

THANK YOU TO ALL OF OUR 2021 DONORS

We also appreciate everyone who graciously supported our events. To see the list of event donors please visit www.bereavementcenter.org/donors-current

- Anonymous
In honor of Christine Smith
- Lena Ang
- Amy Atlee and Chris Goulian
In honor of Lois Harris for supporting Declan Evans
- Christina Bacci
In honor of Camp Millie
- Karina Barzousky
- Elmira and Frank Batson
- Jim and Kimberlee Beam*
In memory of my parents, brother, uncle, and grandparents
- Larissa Bellamy
- Bob and Lynn Benjamin
- Carol Beers
- Carol Berardelli*
In honor of the Berardelli Family
- William and Sharon Biermann
In honor of Joyce Saddler on her 69th birthday
- Janet Bolenz
In honor of Lauren Rieger
- Amy and Justin Bowman
- Joan and John Bown
- Allan Bozorth
- Jane Bridge
- Julian and Lois Brodsky
- Cathy Buch
In memory of Becky Atlee Evans
- Lynn Burgoon
- Marilyn Burkey
- Christopher and Ann Campbell
- Charles and Elizabeth Caruso
- Walter Cherkas and Kendra Stenack
- Mark and Iris Coblitz
- David and Rhonda Cohen
- Karen Cole
In memory of George Cole
- Kristina Conlon
In memory of Barbara Careless
- Kendra and Scarlett Copenhaver
In memory of Curtis
- Michele Daniele
In memory of Dee Daniele
- Sherry Demito
In honor of Loretta DeMito
- Andrea and Bill Devenney
In memory of Allison Paige Koellhoffer
- Jane DeWitt*
In honor of Nello's Corner
- Bill and Nancy Dingman
- Shannon Dingman
- Karen Dobson
- Doris Dodge
- Dorney and Beth Douglass
- Jason and Sarah Elrod
- Diane Fitzgerald
- Chris and Kristin French
- Catharine and Keith Fretz
In memory of E.R. Fretz
- W. Allen and Linda Fromm
In honor of Joyce Saddler on her 69th birthday
- Mary Jane Fryling
In memory of Ruth Sibel
- Jillian Gallagher
- Kathleen Gallagher
- Thomas and Judy Gallagher
- Elizabeth Gilmore
- Mary Ginda
- Marybeth Garrett
In memory of Evan, Kathy, and our beloved Parents
- Rose Gannon
- James and Sara Gowing
- Linda Graeff
- Margaret Gratz
In memory of Ruth Sibel
- Sue Greenfield
- Barbara and Carl Grola
In honor of the Centers' Founders, Shirley and Chris
- Robert Gusky*
- Herbert and MM Harris
- Gordon and Kathleen Hart
- Dottie Heebner
In memory of Ken Reyburn
- Nancy Hemsing
- Anna Hillman
- Pam and Mara Howard
In memory of Dan Howard
- The Huber Family
In memory of Deborah Huber
- Christopher and Beth Hunt*
- Roger and Nancy Hunt
In memory of our dear friend Thelma Sowiak
- Kristen Hunter
In honor of Mason and Alexander Hunter
- Randy and Linda James
- Elaine Johnston
- Vikram Joshi
In memory of Eric Suzuki
- Raymond and Anna Marie Kassab
- Scott and Selaine Keaton
- Diana Kelly
- Carolyn and John Kelley
- Robert J Kline
- Chase and Linda Kneeland
In memory of Malcolm L. Kneeland
- Ray and Theresa Kerlin
- Jack and Arlene Kilcoyne
In honor of the Kilcoyne Family
- Billie Knapp
In memory of Stephen W. Knapp
- Chase and Linda Kneeland
- Samantha and Gary Koellhoffer
- John Konvalinka
- Barbara Sue Lake
In honor of the Smith Farmstead
- David and Janice Lamphere
In honor of Nancy Hunt
- Terry and Christina Larkin*
In honor of Nello's Corner & in memory of our Grandmothers
- Jamie and Tim Lockwood
In memory of James and Susan Chubb
- Robert and MaryKay Lojewski
- Lindsey and Karen Lovett
- Margaret Lynch
In memory of Lynette
- Karen and Joe Maglaty
- Edward Mannello
- Jake Marron
- Don and Cheryl Mattson
In honor of Pat Keeney
- Jerome McAndrew
- Linda McAndrew
In memory of Justin Robertson
- Marge McCann
In memory of Larry Smith
- Kerry McCarty
- Paul and Jeanne McDonald
In memory of Alice Teyssier and Marie McDonald
- Margery McGann
- Pat and Sue McGinnis
- Janice Merkel*
In memory of James Chubb, such a loving man that I had the privilege to know
- Tony and Caren Meyer

Strides of Hope Recap

Thank you to everyone who participated, volunteered, sponsored, and donated to our 2nd annual Strides of Hope 5K on November 6th! Thanks to all who contributed, we surpassed our fundraising goal and brought a great deal of warmth and inspiration to those involved in this special event! All proceeds raised fuel our mission, bringing Strides of Hope to those engaged in our services, so those facing profound loss never have to walk their trail alone. Check out the results, photos and donors: bereavementcenter.org/stridesofhope/



Sponsors



Shirley & Brad Elrod



Kimberlee & Jim Beam



Top Fundraisers

TEAMS:

1. Asher's Army
2. Burian Believers
3. The Dancing Queens
4. Ramble On Reese
5. Doing it for Dude

INDIVIDUALS:

1. Kim Burian
2. Megan Brody
3. Steven Brody
4. Rita Porreca
5. Nancy Petrone

2021 DONORS, continued

- Joan Moore*
- James and Ruth Moyer
In memory of Brian Moyer
- Dave Neff
- David O'Brien*
- Dennis O'Donnell*
- Braedon O'Hara
In honor of his Eagle Scout Project
- Stanley Ott
In honor of Joyce Saddler on her 69th birthday
- David Paoni
- Linda Paris
- Robb and Gina Parlanti
- Dale and Marilyn Pennapacker
- Julia Peterdozzi
- Truc Pham
- Donna and Nick Piergallini
In memory of Eddie Burke
- Leonard Podolin
- Laura Prior
- Rita Porreca and Joseph Ward
In memory of Lew Porreca
- Andrea M. Porter
In memory of Robert J. Porter Jr.
- Lynn Reber
In memory of beloved son Martin
- Neil and Mary Rees
- Charles and Nancy Reid
In honor of Joyce Saddler on her 69th birthday
- Wendy Ricker
- Gretchen and Jay Riley

- Brian and Aileen Roberts
- Kate and Greg Roberts
In memory of Eric Suzuki
- Lisa Roberts
In memory of Ruth Sibel
- Michelle Rodenbaugh
In memory of Jason Rodenbaugh Sr.
- Jennifer Romano
- Andrea Rodriguez
In honor and memory of Averie
- Sandra Russo
- Richard and Gail Schnaedter
In memory of Barbara Kott
- Carl Scwenk
- Leslie Seese
- Bill and Verna Seiler
- Carl and Holly Sensenig
In memory of Frances Clemens
- Amy Shea
In memory of all the ones I wish were here, but are not
- Andrew and Melissa Smith
- John and Nancy Shane
- Beth and Mark Smith
In memory of Lawrence Smith
- Robert and Barbara Smith
- Susan Spencer
- Scott and Melissa Sterling
- Meghan Straut
In memory of David Carroll
- Kelli Suzuki*
In memory of Eric Y. Suzuki on the 10th anniversary of his death and in honor of his 28th birthday

- Cheryl Talus-Snyder
In memory of Dr. Bruce Lloyd Talus
- Kathy Thomas*
In honor of the Thomas family
- Nancy Threlfall
- Art and Ginny Tinner
- Jack Todd
- Bob and Sue Vincent*
- Dave and Ellen Watson
- Emily and Steve Vincent
In honor of Steve Keller on his 20th anniversary of dedicated work at the Center
- Wendy Weist
- Elizabeth Whalen
- Nancy Wieman*
- Christine Wiley
In memory of Ruth Sibel, a wonderful lady
- Susan Wroblewski

Businesses, Organizations and Foundations:

- Allan Myers
- Amazon Smile*
- Benevity Matching Funds
- BLBB Charitable
- Brodsky Foundation
- Charities Aid Foundation
- Charles River Laboratories
- Community Chiropractic Center
- Daws Road Chiropractic

- DCO Orthodontic Specialists
- Delta Kappa Gamma Beta PI Chapter
- Deluca Music Co.
- Duminiak Law
- Epoch Health and Fitness
In memory of John Gerckle Jr.
- Exelon Foundation Employee matching gift program
- Facebook Giving
- Gifts of Joy Foundation
- Halligan and Keaton
- Harleysville Bank
- Herbein Company, Inc
- Hogs and Honeys Foundation for Kids
- Jaymar Foundation
- Keller Williams - Blue Bell
- Larry Plantholt Fund
- Limerick Township Police Association
In honor of a family in need
- Little Tower Foundation
In honor of the Lukens Family
- McCaffery's Market
- McKesson
- Merk Matching Funds
- Montco Strong Redevelopment Authority
- Montgomery County Foundation
- Montgomery County Sheriff's Office
In honor of the Lukens Family
- Nello Memorial Committee
- Network for Good Multiple Anonymous Donors

- New York Life Foundation
- PayPal Giving Fund Multiple Anonymous Donors
- Pfizer Inc.
- SEI Investments Company
- Sensenig Capital Advisors
- Tornetta Realty Corporation
- VNA Foundation of Greater North Penn*
- Wentz United Church Women's Guild
- Whole Foods Market Community Giving Program
- Wisler Pearlstine LLP
- Wynn Family Foundation

Co-Founders:

- Shirley and Brad Elrod*
In honor of The Center's therapy dogs, past and present, who bring comfort and healing to people of all ages.
- Lawrence and Christine Smith Charitable Trust*
In memory of my beloved husband, Larry Smith and in honor of my children, Christopher, Lauren and Andrew for their unyielding love and support.

* Indicates giving more than once in 2021



Camp Millie is for children ages 6 to young teen who have experienced a death of a parent, sibling, or other close family member. Children who come to camp have a unique opportunity to connect with other peers who are coping with grief. It is this particular bond which transforms the usual summer camp experience to one which offers hope and growth in a supportive, caring environment. Kids come to camp looking for friendship, new experiences, and fun! Parents hope that Camp will offer outlets for grief expression, coping, and connection with peers.



My boys have attended Camp Millie for several years since their father passed away unexpectedly and it has been the most amazing experience for them.

*They look forward to camp every year and start asking to go back as soon as it ends. **Camp gives them a chance to share their grief with others who have experienced similar losses in a supportive environment with adults who are trained in grief and are extremely caring and loving. The counselors help my kids create amazing mementos to commemorate their Dad and also teach great techniques for coping with their grief that they can use for the rest of their lives.***



Throughout the process, they make friends, have so much fun and create positive memories that they can hold on to as they grow up. I don't know where my kids would be without this program and I am exceedingly grateful for the tools and support Camp Millie has given them.



- Parent of Campers (campers pictured)

Ways to Help Lighten the Load:

Each year our Center dedicates funding to offer this special bereavement camp for grieving children in our community. Registration fees help to reserve space for each camper and offset some of our costs, but the majority of our expenses are covered by the generosity of others. We greatly appreciate any and all monetary donations to the Center as well as Gift Cards to Walmart, Costco or Michael's Crafts. We also have a Center Wish List on Amazon for donations of gifts in-kind. All help provides specific supplies, snacks and other items that go into creating a fun, supportive, "constructive" and meaningful camp. We could not offer this instrumental program without the support of many - **THANK YOU!**



Rebuilding after Loss at Camp Millie 2022

June 20th, 21st, 22nd, and 23rd
9:00 a.m. – 2:00 p.m.

Central Community Center, Lansdale, PA

Campers provide their own transportation and bag lunches. Registration fee per camper is \$100, including all activities, t-shirt, snacks and lunch on the last day of camp. Family discount and financial assistance is available. Visit our website or call 610-222-4110 to register. Space is limited, register soon! Priority is given to new and second year campers.



Our theme
UNDER CONSTRUCTION

will focus on helping campers build a home for their grief and discover how things can be rebuilt in new ways from filling a toolbox of coping strategies to laying foundations of support to designing blueprints for how to handle the future.

- Professional Staff
- Specially trained adult volunteers
- Fast-paced, action packed
- Fun, engaging activities designed to explore feelings and challenges of living with loss
- Age specific "construction meetings" for grief discussions

Grief Counseling CLINICAL UPDATE:

Our Center is committed to professional growth, experience, and knowledge in this important work. We are proud to recognize a few members of our clinical grief counseling team in reaching milestones in this highly specialized field.

Tammy Court-Cudd, our newest graduate intern from the School of Social Work at Widener University, has started clinical work with our team, bringing her compassionate, mindful presence and vast background in grief to her clients at the Center. **Emily Cauchon**, one of our licensed staff therapists, has earned her *Certification in Thanatology (CT)* – the study of

Tammy Court-Cudd



Emily Cauchon



Steve Keller



Death, Dying and Bereavement – from the Association for Death Education and Counseling (ADEC), a long-term achievement establishing her expertise in this field. And we thrilled to honor **Steve Keller** as the Center's first staff member to have reached a 20-year anniversary in his role as grief therapist! Through his extensive service, Steve has touched the lives of many people and continues to bring solace, perspective, and resilient spirit to all he encounters. We could not be more grateful for each of these individuals' commitment to our clients, to us as colleagues, and to our mission.

We are deeply invested in our team at our Center, and each individual reciprocally invests in bringing high quality work and dedication to people we serve. For more information about our counseling program and how our therapists can support you in your grief, please visit bereavementcenter.org/ counseling or call us at 610-222-4110.

NEW BEGINNINGS

Those who had the privilege to know **Kim Burian** through her 6 years of service at the Center will not easily forget her heart-warming manner and attentive spirit in all she touched. Through her time with us, Kim naturally flourished in her roles as a grief therapist, educator, support group facilitator, Community Liaison, and Intake Coordinator, growing meaningful connections with everyone she met. With bittersweet celebration, we bid Kim farewell this winter as she steps away from her years of work and leans more fully into other life ventures. Kim, we are grateful for having the honor to work with you and know many lives have forever been made stronger and brighter because of you. May you find as much peace, comfort, and possibility in the days ahead as you have given to others. **Wishing Kim many strengthening adventures on her future journey!**



Finding Grief Support in a Group Setting



Our Center has been offering specialized adult grief support groups for over 20 years. Now more than ever, those who have experienced a loss are reaching towards connection and understanding from others who are going through similar situations. Participation may:

- Provide realization that you are not alone
- Give room to verbalize and express feelings and experiences in non-judgmental space
- Increase self-understanding
- Give opportunity to be helpful to others
- Reduce stress
- Learn useful information

Our support groups are loss specific and scheduled in 6-week sessions, except where noted. There is a phone intake and registration process with a \$90 fee. Please reach out to us at 610-222-4110 or through the website to find your seat in one of our groups of support.

Adult Loss of Parent

Thursdays: February 24, March 3, 10, 17, 24, 31 • 7:15-8:45 pm

Loss of Spouse at a Younger Age

Thursdays: February 24, March 3, 10, 17, 24, 31 • 6:30-8:00 pm

Loss Due to Suicide

Mondays: March 7, 14, 21, 28, April 4, 11 • 6:30-8:00 pm

Loss Due to Addiction or Overdose

Thursdays: April 7, 14, 21, 28, May 5, 12 • 7:00-8:30 pm

Monthly Loss of Child*

For adults who have experienced the death of a child as a teen or adult, 2nd Monday of each month, 6:30-8:00 pm

Biweekly Young Adult Grief Support Group (YAGS)*

For ages 19-28 who have experienced significant loss(es)
Every other Wednesday, 7:00-8:15 pm (No Fee)

Pregnancy and Infant Loss (virtual)*

For individuals who have experienced the loss of a pregnancy or infant, 3rd Thursday of each month, 7:00-8:30pm.
\$10 drop-in fee per person

*Support groups are scheduled to meet in person or virtually throughout the year, as interest is shown. Other offerings include Loss of Spouse for middle and mature ages and Loss of Sibling.



*I lost my husband, Chris, to a sudden work accident on 6/9/19. I was 33 years old at the time, our daughter was 3 years old and Chris was just 36 years old. Once I found The Center for Loss and Bereavement, I felt this was the right spot for me. The facilitator was incredibly knowledgeable and compassionate. **She made us feel safe so that we could have the conversations that we needed to have.** The other members in the group helped me through this time in my life and validated many thoughts and feelings that I had. All members of the group have remained friends and continue to meet up on a regular basis.*



- Participant in Younger Loss of Spouse
6-week Support Group

Throughout the years, our Center's grief program for children, Nello's Corner, has welcomed hundreds of family members into our peer circles of support. In meeting together, tears, laughter, fears, secrets, dreams and hope are shared and supported, held and released. For staff and volunteers to witness children, teens, and the adults who care for them gradually regain footing and grow is why we have a program like this. Thank you to the many families who have trusted us over the years. You and your loved ones are always part of our circles at Nello's Corner.



*My daughter was able to join the Nello's Corner grief group when she turned 4. The group consists of children her age and they gather twice a month to discuss their person that died. The group leaders are wonderful with the children. They provide a safe space and help them navigate this new world they have to face. **My daughter doesn't feel as alone now that she knows there are other children that are experiencing loss just like her. She also has been given the tools to express emotion and discuss harder topics.** To say that she is excited for Nello's Corner every other week is an understatement. During our time of tragedy, Nello's Corner and The Center for Loss and Bereavement have been a beacon and we are forever grateful.*

- Mom of Nello's Corner Participant (pictured together)



Nello's Corner Support Groups

Nello's Corner provides **peer grief support groups** at our Center for children and teens ages 4-19, and the adults who care for them. Meeting every other week from September through May, age-specific groups offer companionship and support as youth navigate the feelings and experiences of having a close family member die.

Ages 4-5 and 6-8

Tuesdays, 4:30 – 5:45 pm

Ages 10-12 and 12-15 (Middle School)

Tuesdays, 7:00 – 8:15 pm

Ages 7-8 and 9-10

Wednesdays, 4:30 – 5:45 pm

High School

Wednesdays, 7:00 – 8:15 pm

Visit our website or call 610-222-4110 for more information.



*My three children and I all started at Nello's almost two years ago after the sudden loss of my husband, Scott. He sadly battled with mental illness and in the end took his own life. At the time our children were 8,6 and 4 and Nello's was referred by someone who had suffered a loss and very highly recommend. As soon as I contacted Nello's, Lois, the Program Director, welcomed us all with open arms, her sweet caring demeanor put me at ease and I knew we were in the right place. **In the beginning it was weird and seemed not normal to go to a place and talk about our loss and have us each break down in our own ways in front of complete strangers but after a few weeks in it was like a light went off and I knew why Nello's was created! A place for people like us, who have experienced one of the worst kinds of loss, where we could be free.** Nello's has been amazing for my children as they love going and come out after their session with smiles. I*



have also benefited a great amount from the adult/parent groups. I know I am not alone and being able to hear others stories and get suggestions on how to continue to keep going even in the hardest times has made this loss so much easier. Thank you, Nello's Corner, for these last two years and thank you for the years to come!



Mom of Nello's Corner Participants (pictured together)



COMMUNITY *Connections*

“There is no power for change greater than a community discovering what it cares about.”

- Margaret Wheatley

When we open our minds and hearts to others, we often find that community connection is cultivated from the compassion that is shared with one another. Throughout this past year, we have had the privilege of connecting with and serving members of the community who were enduring both death and non-death related loss. By supporting others, we collaboratively built insight, awareness, and partnership necessary to continue this connection and adapt to the needs of those around us. We look back with great appreciation and are reminded of the meaningful work that is done throughout the Greater Philadelphia area, that we are so thankful to be a part of.

In reflecting on the past few months, we have been able to respond to various requests for support and education from the Lupus Foundation, Worthwhile Wear - Worth It Program, The Lincoln Center Academy, Einstein Health Network Residency Program, Gwynedd Mercy University, and Church Housing Corporation. We were also featured in a news article in *The Philadelphia Inquirer* touching on grief during the pandemic, a write-up in *Philadelphia Magazine* sharing tips on navigating grief throughout the holidays, and a podcast episode - *Relatively Speaking, Between Friends* for The Friends of Einstein Healthcare Network. Our Center joined in community discussions with the Multifaith Coalition of Montgomery County, participated in a Health and Wellness Fair hosted by Suicide Awareness Voices of Education (SAVE), and facilitated a Centered Conversation virtual forum on grief and the holidays. We continue to remain active members of local and national networking groups such as Interagency Council of Norristown, Bucks Mont Collaborative, The Suicide Prevention Taskforce, Student Assistance Program of Montgomery County, Greater Philadelphia Grief Collaborative, and National Alliance for Children’s Grief (NACG).

As we continue forward in the new year, we find ourselves reflecting on the gratitude we hold for each relationship within our community as we continue to bring meaningful connection and restorative guidance to those who may be grieving.

Professional Trainings



Case Studies in Grief and Attachment

Wednesday, March 30, 2022

9:00am-12:00 pm

The Center for Loss and Bereavement in Skippack, PA
3 CEU’s Available

Attachment styles and relationships early in life often have an effect on how grief is processed. Join us for a case-study exploration and dynamic discussion on how grief presents itself following loss at various developmental stages.

TAILORED PRESENTATIONS

Grief has ripple effects beyond a family that will move throughout systems, including businesses, faith-based or community organizations, and educational settings. Upon request, we will work with your organization to develop a tailored presentation or Centered Conversation forum focusing on grief, death or dying, in consideration of your needs.



If your organization is seeking more intimate guidance and support for a specific time-sensitive grief related matter, please contact our Education and Community Outreach Director, Ashley Herr at amh@bereavementcenter.org or by phone at 610-222-4110 ext. 123.

“During our sessions we discussed many different types of loss, how society views loss against what is actually felt at the time one is experiencing it, how to cope with all different types of loss, and how to support each other through professional and personal losses.”

*I must say that working with this facilitator even in a pandemic’s newer way of communicating via zoom was amazing! **I truly think that she provided a space for us all to have open communication about what we all knew internally we have to deal with regularly, grief and loss in a way that not everyone understands as it happens to us in a professional environment. We needed to be placed in a situation that gave us permission to say “I was not ok.”** Each and every individual took advantage of the opportunity to open up at least once during the sessions that were presented to us. Most importantly this gave us the opportunity to get know each other on a whole new level. I would like to thank the Center for Loss and Bereavement for taking the time to work with our staff over the last year.*

- Professional Grief Training Participant



The Center *for* Loss and Bereavement
 3847 Skippack Pike
 P.O. Box 1299
 Skippack, PA 19474-1299

Calling All Volunteers

2-Part Volunteer Facilitator Training for children's programs

March 26th 9:00 am - 2:00 pm

April 9th 9:00 am - 12:00 pm

Contact 610-222-4110, ext 119
 or visit

bereavementcenter.org/volunteer/



The Center *for* Loss and Bereavement

Phone (610) 222-4110

Fax (610) 222-4116

www.bereavementcenter.org



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DONATE

www.bereavementcenter.org/donate



Please select the Center as your Amazon Smile charity!

Our Mission

The Center for Loss and Bereavement is a non-profit resource of specialized knowledge and professional support that provides meaningful connection and restorative guidance for those impacted by grief.

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 Therapist, Grief Notes Contributor
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