

CENTER *Connections*


THE CENTER FOR LOSS AND BEREAVEMENT

Welcome to our first issue of *Connections*



We at the Center for Loss and Bereavement extend our wishes for your well-being and safety as the world navigates such uncertain and troubling times. We know all too well how challenging losses of life, status, and stability are, and we are acutely aware how many people are suffering with all of those circumstances right now. We hope you have been able to adjust with ease to these complicated ways of living and working, and that you are finding respite with supportive others through new social distancing practices.

We are so grateful for your connection with us and are excited to reach you through this new communication format! It is thanks to our relationships with many individuals and collaborative resources that we are able to fulfill our mission year-after-year, giving us the potential to reach those in need with the trusted grief support services that our community has turned to for now twenty years.

Our team is continually dedicated to supporting those dealing with the complicated, isolating grief of this time, and are adding support to the mounting numbers of bereaved who will suffer loss directly due to this pandemic. We currently have telehealth grief therapy, group support, and training services available, and we are developing

additional programming options that will meet the increased needs for our specialized services as this crisis evolves.

Please explore the below updates and resources for grief support information. We invite you to follow us on our social media and stay tuned for future email highlights. As always, reach out to us with any questions, concerns, referrals, or requests for services.

We feel fortunate to be here for our community through this challenging time, and hope you find it meaningful to share with others that our help is available, if needed. Please follow us on Facebook, Instagram, and other social media as we frequently share resources and awareness about grief and tools for resilience, as well as updates about our services.

If you would like to discuss more about our Center please contact our Executive Director, Emily Vincent at emv@bereavementcenter.org or visit www.bereavementcenter.org

New Offerings

As we work through this public health crisis, we at the Center for Loss and Bereavement are adapting to the need of our community. Below are some new programs:



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, 7-8:30 pm June 22nd, July 13th, August 3rd and August 24th. We will then evaluate the need/options for continuing sessions. \$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. Every other Wednesday evening, 7-8:30 pm 6/17, 7/1, 7/15, 7/29, 8/12 and 8/26 \$20 registration

Children / Teens Summer Virtual Peer Support Group for ages 7-18 years grieving a recent death from any cause during this time of the pandemic. Participants will have an

opportunity to learn from each other what grief is, how it feels and develop strategies for coping in age-specific breakout rooms. Six Tuesdays, 10-11 am June 30th, July 7th, 14th, 21st, 28th and August 4th

[Request Information](#)

Mark Your Calendars



June 4th

VIRTUAL Q&A: Endurance in Grief: Supporting your Organization through COVID-19 Losses and Restoration Efforts

REGISTRATION INFORMATION

June 11th

Professional Training: Addiction Aftermath Webinar

TRAINING INFORMATION

August 30th

Strides of Hope 5K

You can still register or donate!!!!

STRIDES OF HOPE INFORMATION

Clinical Counseling



We are continuing to offer individual, couple and family counseling services via TELEHEALTH (video and audio option) for existing and new clients (HIPAA Compliant). As always, our mental health therapy is open to clients focusing on experiences with losses related to death, dying, and serious/chronic health conditions. In the face of this current pandemic, our counseling will be available to those who have been impacted by COVID19 as well.

[Request Information](#)

Group Programming



Nello's Corner

We are continuing to support our Nello's Corner families virtually, offering peer and adult groups using Zoom and providing activities and tips for continued grief processing at home.

New Offering!

A summer Nello's Corner group will be offered for those ages 6 yrs through high school age who have experienced a recent death of a family member during this COVID19 time.

Camp Millie

The Center has made the very difficult decision to cancel our summer bereavement program, Camp Millie, due to the evolving circumstances surrounding the current health crisis. We will miss seeing the campers but look forward to Camp Millie 2021!

Specialized Adult Support Group Program

Our twice-a-month Young Adult Support Group and monthly Loss of Child Group are continuing through Zoom meetings. Other loss specific group options will be offered in this format as interest is shown.

New Offering!

We will be offering a mixed loss, on-going adult support group for those newly bereaved during this COVID19 time of social isolation and delayed funeral traditions.

[Request Information](#)

Spotlight

It is our pleasure to welcome **Karin Murphy** to our staff as the newest member of our clinical team! Karin joined us just one week prior to the shutdown and she has not missed a beat since. Although in-person introductions were sparse, Karin has virtually acclimated to her new role and has been establishing new relationships with staff and clients seamlessly. We are thrilled to have her!



What led you to the Center?

For the past four and a half years, I led the bereavement program with a local hospice, where I counseled adults from diverse backgrounds and facilitated multiple support groups. It was challenging with a lot of variety, and I truly loved the work. It just felt like the right time to shift from counseling dozens of people for short amounts of time over the course of a year to being able to develop deeper therapeutic relationships with my clients. The Center has a wonderful reputation in our community, and I'm proud to be a part of it.

Please share about your professional background.

I have my master's degree in counseling psychology from Immaculata University. I went back to school as an "older student" after working in human resources for many years

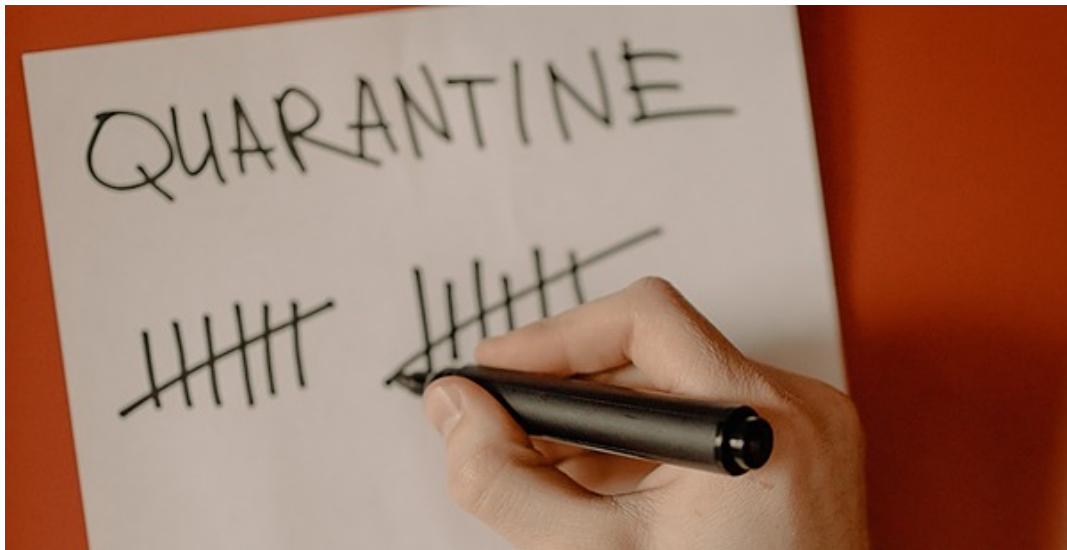
and feeling like I wanted to help people in a different way. It felt right from my very first class, and by the time I was doing my practicum (where I counseled older adults in an outpatient program) I knew I had found my calling!

What has the experience been like so far?

It's been lovely getting to know the team, and I'm so grateful for their support as we all navigate this unique time in our lives!

Grief Brief

Managing the Stress of Lifestyle Changes, Grief, and Uncertainty



By Steve Keller

The great majority of us are acutely and profoundly affected by the coronavirus pandemic. To protect us from spread of the virus, all levels of government have responded by mandating severe lifestyle changes for us personally and societally. Perhaps the most difficult of these are lockdowns and social distancing. This disruption in day-to-day routines and lifestyle imposes great hardship and necessitates drastic adaptive measures.

We are also inundated by constant news and video footage of horrendous suffering of those afflicted by the virus, as well as their loved ones. It is difficult to avoid being traumatized by witnessing such suffering. This is compounded by the pervasive fear that we or our loved ones could also be infected. Many are experiencing an overall uncertainty about the future, which itself is distressing.

Many of our clients have been coping with grief due to the death of a loved one which preceded the onset of the pandemic. The hardships and stress imposed by the virus serve to exacerbate an already painful and life altering grief process.

The following resources are provided as support and guidelines toward managing the stress of lifestyle changes, grief, and uncertainty which we all encounter:

[Stress and Coping ICDC Resources](#))

[How to make stress your friend \(Kelly McGonigal TED Global 2013\)](#)

[Uncertainty Can Be Our Best Friend](#)

[If The World Is Scary, How Can Our Children Not Be Scared?](#)

[It's OK to feel overwhelmed. Here's what to do next \(Elizabeth Gilbert | TED Connects\)](#)

Community Connections

We sincerely **give thanks** to all of the donors and volunteers who have continually supported the Center over our twenty years of service. Your generosity has enabled us to connect people in need with the hope, guidance, and restoration offered in our specialized programming. We are especially grateful for your contributions to help us meet increased need of grief support in this time.

Thank you also to both the VNA Foundation of Greater North Penn and the Montgomery County Foundation for providing us with special grants to help support the community during these challenging times.



Here are ways you can support the Center:

Donations

Register for our Strides of Hope 5K

Matching Gifts

Volunteer

Donate a Highly Appreciated Security

Donate Your Required Minimum Distribution (RMD)

For more information visit
bereavementcenter.org/donations

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