

CENTER *Connections*


THE CENTER FOR LOSS AND BEREAVEMENT



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

Please help us pay tribute to The Center for Loss and Bereavement's 20 years of impact throughout this momentous anniversary!

Starting October 1st you are invited to follow 20 days of special reflections. We will virtually honor the Center's remarkable impact by sharing stories of connection, resilience, and hope. We are eternally grateful for your special place in our mission's history and invite you to help us share our story for the next 20 years.

To join us on our journey follow us on social media or visit:
www.bereavementcenter.org/20thanniversary

Mark Your Calendars



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

Centered Conversations: November 19th

Grief & the Holidays

1:00-2:00pm

Free Forum

CENTERED CONVERSATIONS DETAILS

Spotlight

Meet our 4:30 Nello's Corner Group Facilitators!

"They truly support and relate to each

"Children have a way of showing their

other in ways that only peer environment can provide”.



Jamie Lockwood, our Administrative Coordinator since 2018, is joining our Nello’s Corner team this fall! Jamie first became familiar with the Center when she was looking for volunteer opportunities at bereavement summer camps. In a serendipitous-type moment, it turned out that the Center was looking to hire someone for administrative support and Jamie turned out to be the perfect person! Jamie admires children’s ability to share, support, and explore their grief journeys without any filters and is looking forward to facilitating support to one another in their peer groups.

We are thrilled for Jamie to settle in to another ‘corner’ of the Center and welcome her into our children’s groups!

authentic selves when given the safe space to do so”.



Allison Hutchinson has been a volunteer at the Center for Loss and Bereavement in varying capacities since 2018. Her talents and skills have seamlessly led her to the new title of ‘Center Intern’ where she will help facilitate Nello’s Corner groups and expand her knowledge and experience in grief and bereavement as she works toward her Master’s degree in music therapy. Allison is looking forward to witnessing the level of empathy and care displayed in the Nello’s Corner group sessions and watching the kids grow together and support one another.

We are so thankful to have Allison join our team at the Center and look forward to the compassion and creativity that she will bring to our Nello’s Corner program!

Grief Brief

Funerals during Covid 19



By Steve Keller

Few people are aware of the subtle distinction between grief and mourning. Grief is the internal private response to any loss, most notably the death of a loved one. Mourning is the behavioral externalization of grief, usually characterized by crying, talking to other people about the death, storytelling, putting together photo albums, journaling, etc. The actions of mourning elicit support which is essential for healing.

The ancient ritual of funerals is perhaps the epitome of the human need to mourn the death of loved ones. Funerals are social gatherings which serve to help mourners accept the reality of the death, say goodbye to the deceased, express love and support to surviving family members, eulogize, and reminisce. Across cultures and faiths humans practice funerals to publicly acknowledge the death and stimulate the healing process.

As we know, the pandemic has necessitated severe restrictions in our lifestyles, social distancing being perhaps the most problematic. Social distancing and mask wearing limit the intimacy and closeness inherent in the act of mourning. Therefore, acutely bereaved people, when most vulnerable, are challenged by two seemingly opposing desires. They want to honor their deceased loved one with a funeral while simultaneously having to be concerned about health and safety issues. This dilemma has caused many people to postpone or avoid funerals altogether which tends to delay or complicate the grief process.

The following resources provide guidelines outlining creative and adaptive methods to have meaningful funerals while still maintaining the safety of all attendees.

- **[Grieving in the age of social distancing](#)**
- **[Funeral Guidance for Individuals and Families](#)**
- **[COVID-19 Changes Funerals and How Families Grieve](#)**
- **[Remote rituals: in a time of coronavirus, mourners find comfort where they can](#)**

At the Center, professional support is always available to help promote healing, comfort and growth to those in need. Please reach out if you or someone you know may benefit from counseling, specialized groups and/or peer support during these trying times.

Clinical and Group Programs Update



As Fall weather comes with cooler temperatures and changing landscapes, our counseling and support group programming continues to offer warmth and solace to all seeking guidance and connection due to loss. Using Telehealth and Zoom virtual formats, our therapists and group facilitators are navigating these uncertain times with a balance of expertise and empathy, helping clients process the myriad of changes which can accompany grief.

We invite interested individuals, couples, and families to reach out to the Center through email, phone or our website to connect with Kim, our Intake Coordinator. She will offer information and guidance as to what program – Counseling, Nello's Corner, Specialized Support Groups – could be beneficial.

[Request Information](#)

Community Connections



Thank you to our teams, sponsors, and participants for supporting The Center for Loss and Bereavement! You can see the meaningful fun that was had through the many smiles and inspiring group photos submitted for our #stridesofhope event gallery, now posted on our 5k webpage. We can't wait until next year when we can hopefully all be together!

Thank you to our top teams, top fundraisers, and congratulations to our 5K runners!!!

TOP TEAM FUNDRAISER:

Asher's Army

TOP INDIVIDUAL FUNDRAISER:

Audrey Ditzler

MOST TEAM MEMBERS:

Milestone

TIMED RACE WINNERS:

1st Overall Female: Nikki Scott 23:16

1st Overall Male: Robert Dulin 18:15

See all the results here:

bereavementcenter.org/stridesofhope

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