

THE CENTER FOR LOSS AND BEREAVEMENT

Center Highlights

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FALL 2020



FROM THE EXECUTIVE DIRECTOR

As we approach the season that would have brought us together in a long-awaited celebration of our mission's 20th year, we find ourselves facing everything we do with a new sense of compassion and perspective in where we stand. Over the last year, we all have taken staggering stock of the grief that millions of people are confronting from every corner of the world, including our own small part of it. We find our hearts pulled into spaces where fear, isolation, pain, and despair are not just witnessed, but felt by the masses. It's unfathomable to fully appreciate the mounting weight of the lost lives, security, opportunities, and stability that we face as a global community...yet, now more than ever, we are all called to do our part in seeing this time through and collectively shouldering its burdens.

At The Center for Loss and Bereavement, we have been honored to earn a position of trust in providing specialized, quality care for thousands of people in our community for over 20 years. This past year, The Center's board of directors, founders, and leadership team dedicated hard-working energy to create a sustainable vision of goals through a strategic planning initiative, intended to carry our organization into the next 20 years of its service journey. As the landscape changed and crisis hit us this spring, our priorities have been a guiding foundation, keeping us steady and strong as we adjust our services in order to remain safely accessible, available, and present for those who turn to us. Having now shifted our focus in looking through a long-term lens, we clearly recognize that the needs and numbers of grieving people in our area are growing significantly. As we widen our position of knowledge and expertise in this area, we are further targeting extensions of support in our current virtual space, reducing barriers for more people to have access to our help, founded on hope. This is where our community's needs – and our needs – connect, and call to you.

Please join us this fall in building the capacity to raise awareness, funding, and resourceful spirits – as we take time to recognize the tremendous value of your support of an organization that serves such critical, sensitive needs in our shared community. For **20 days** through the month of October, we will be honoring the **20 years** of stakeholders, stories, and strength that our next **20 years** will be founded on. Although we are unable to gather for this special event, we are grateful for the opportunity to bring you **20 unique virtual segments**, each reflecting a piece of our past, present, and future hope – which we humbly ask you to help us uphold. Look for more details throughout this newsletter on how we carry this hope into everyday connection and service as we take this milestone event to a boundless, virtual space. Thank you all for your commitment to our mission and support of our grieving community's needs, *now more than ever*.

Emily Vincent, LPC FT

*if ever there was a time to use
creative expression to cope
with pain
with fear
with uncertainty
this is it*

*if ever there was a time
to focus on the power of love
and kindness
inclusion and
compassion
this is it*

Excerpt from the poem **now more than ever**, by Rochelle Seltzer

Connect with us online!
Join us on Social Media
through October for our
**20-Days of Impact Virtual
20th Anniversary Celebration!**



Thank you to all of the runners and walkers who participated in our **Virtual Strides of Hope 5K!** Special thanks to our sponsors:





20 Years OF IMPACT

For the past 20 years we have established trust and grown as an integral resource in our community. Some highlights of our cumulative impact by the numbers:

- Over 19,000 counseling sessions
- Over 4,400 people (adults and children) served in counseling
- 780 Adult Support Group participants
- Close to 1200 Nello's Corner children's group participants
- Over 500 campers at Camp Millie
- Hundreds of amazing volunteers and thousands of volunteer hours
- Thousands of professional training and presentation attendees
- **Countless moments** of meaning in the shared comfort of others

20 Weeks OF ADAPTING

The Center's services have consistently held a core focus over the years, yet have always been open to growth and adjustments based on the specific needs of our community. With this assessment and adaptative spirit at heart, we have carefully added services and fine-tuned our delivery approach to better meet clients where they are. This year brought us some of our most complex challenges as COVID-19 hit our area. Still, our services remained strong. Since going virtual on March 13th and throughout the unusual end to our fiscal year, our counselors, support group facilitators, and professional trainers supported our community in the following ways:

- 505 Virtual Clinical Grief Therapy Sessions
- 29 Nello's Corner Virtual Group Sessions
- 11 Special Video Productions (for groups)
- 6 Specialized Adult Group Sessions
- 6 Young Adult Group Sessions
- 60 Care Packages and 2 Rounds of Personal Notes sent to 72 Nello's Corner Children & Teens
- 78 Programming Volunteer Hours
- 3 Virtual Trainings for Mental Health and School Professionals
- NEW Centered Conversations for Individuals and Organizations to Discuss Pandemic-Related Grief

20 Years OF GENEROUS SUPPORT

Thank you to all of the incredible donors and volunteers who have helped us maintain such a high quality of service and wide breadth of programming for the individuals, couples, families, and organizations throughout our shared community. We want to especially thank those who have *continually* dedicated tremendous financial support and volunteer service, including those involved in our board leadership and children's programs. Together with growing sponsors of our cause, you've helped strengthen this important mission's reach over these 20 years of established growth. Your ongoing commitment to seeing grief's isolation and despair find hope, help, and healing will champion us forward into our next 20!

20 Ways TO EXTEND HOPE • HELP • HEALING

Our goal is to raise \$20,000 to support our programs and services. There are many ways you can help!

1. Donate to support our programs and services
2. Spread the word – share our mission's messages
3. Like us on Facebook – you'll get updates and notifications from us
4. Sign up for our emails – we have a new monthly e-newsletter
5. Volunteer to help with our children's programs
6. Sign up for our bi-annual print newsletters
7. Match funds by donating through your company
8. Follow us on Instagram
9. Attend one of free virtual "Centered Conversations"
10. Volunteer to join our event planning committee
11. Consider joining our board
12. Connect with us on LinkedIn
13. Donate a Highly Appreciated Security
14. Start a Facebook Fundraiser for The Center
15. Donate Your Required Minimum Distribution (RMD)
16. Follow us on Twitter @CenterforB
17. Donate proceeds of a personal event to The Center
18. Sign up to attend our events
19. Ask 20 friends to give \$20 for this special campaign
20. Share with others The Center's impact and meaning in YOUR LIFE!



Creating a Circle of Squares: NELLO'S CORNER at Home

For 16 years, the peer support group program called Nello's Corner has been gathering children, teens, and adults into circles of support within the walls of our Center in Skippack.

This April, like so many others, we changed to a virtual format using Zoom so the majority of our group participants could continue meeting. Through our little squares, we joined together in the corners of our separate homes, expanding the reach of Nello's Corner. We were fortunate that more than 80% of our families were able to finish out the 2019-2020 year of programming with us through group meetings for children, teens and adults. We missed our 4-6 year olds but were able to send video greetings and activities so that they, too, could feel continued connection and support.

Those who come to our group programs already know that loss can present both challenging and positive change. Our group members reflected on this throughout the spring in relation to the pandemic and Nello's Corner. Here is some of what was discussed:



Pandemic Changes

- School is easier/harder
- Increased boredom
- Nothing to talk about
- Missing sports and activities
- Can't/don't interact with friends
- Can't talk during school zoom
- Missing my person who died more
- Can stay up later/ Can sleep later
- Worried about other people dying
- More family time
- Grown closer to family members
- Like homeschooling
- Developed new hobbies

Changing to virtual Nello's Corner

- Miss being together in person
- Like being surrounded by my things
- Miss playing air hockey and basketball
- Good to have my pet nearby for comfort
- Get to talk to people instead of just listening
- Have an outlet for my feelings
- Sometimes I'm "zoomed out" by day's end
- Gives opportunity to talk to others not in my family
- Learn how others are coping with grief
- Learned I can be on my own
- Appreciate being healthy
- Have found ways to help others
- No mask needed

WE INVITE FAMILIES who have experienced the loss of an immediate family member to contact us to learn how to join a Circle of Squares through our Nello's Corner grief support group program.

Younger Ages (4-9) Every other Tuesday or Wednesday 4:30-5:30 p.m.

Older Ages (10-17) Every other Tuesday or Wednesday 7:00-8:00 p.m.

Adult caregivers will be meeting on staggering schedules.

Contact Lois at 610-222-4115 or lh@bereavementcenter.org

The insight offered from children and teens about what has been lost and how to move with change has always been at the heart of the grief support we offer at The Center. It was rewarding for us to learn that virtual squares could fit into our circles of peer support. It is because of this, the physical limitations of meeting on-site, and with an abundance of caution for the continued health of all that we have made the difficult decision to resume our fall meetings with our Nello's Corner families on Zoom – at least for now. While we will continue to miss the interactions that only in-person groups can bring, we look forward to the new possibilities and benefits that online programming can offer. Beyond this, it has always been and will continue to be the children and teens who bring heart to a support group, wherever it is held.

**"THE GREATNESS OF A COMMUNITY
IS MOST ACCURATELY MEASURED
BY THE COMPASSIONATE ACTIONS
OF ITS MEMBERS."**

- Coretta Scott King

COMMUNITY *Connections*

Throughout this past spring and summer, The Center has truly seen and experienced the importance of community support and outreach across all of our programs. The COVID-19 pandemic has presented many with an overwhelming sense of grief as a result of death and non-death loss, and for that, our desire to extend our arms of support grew even stronger. We are committed to working with members of the community while partnering with agencies and businesses with strengthened relationships to provide knowledge, connection, and restorative guidance across all entities.

Our Education and Community Outreach program has developed and expanded its wings to include a new forum series - '**Centered Conversations**' in addition to our regularly scheduled **Professional Roundtable Trainings** and **Tailored Presentation** requests, all which are being held virtually at this time. We were humbled to have had the opportunity to provide support and education to the counselors of Methacton School District and the resident doctors of Chestnut Hill Hospital Family Medicine, along with other meaningful and supportive conversations and consultations with professionals in the area. We are growing our collaborative relationships within the Greater Philadelphia Grief Collaborative and continue to support the Childhood Bereavement Changemaker research program through Judi's House/ JAG Institute and the New York Life Foundation. Our Center actively participates in the National Alliance for Grieving Children (NAGC) to enrich our own education and peer consultation, ensuring we are providing quality, inclusive support to the families and communities we serve. Despite the pandemic which has paused our in-person trainings, services, and participation in community events, we continue to uphold these pillars through virtual connection in providing support and grief education to those around us.

PROFESSIONAL TRAININGS/TAILORED PRESENTATIONS BY REQUEST

Grief presents itself differently among schools, agencies, faith-based or community organizations, and businesses. Upon request, we will work with your organization to develop a tailored presentation to fit 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. *(Please Note: All Education and Community Outreach services will remain virtual at this time)*

PROFESSIONAL ROUNDTABLE TRAINING

**Funerals & Rituals: A Culturally
Considerate Perspective during COVID-19**

OCTOBER 22, 2020 • 12:00 - 2:00 PM

This workshop is designed for professionals who are interested in exploring current perspectives and cultural considerations related to the changing rituals surrounding death during the COVID-19 pandemic. Social restrictions have altered the grief process and experience for many, leading to shifts and adaptations of culturally-based rituals, beliefs, values, and legacies. Join us to learn and explore cultural traditions and the struggles that this pandemic has presented, so that we can continue to support members of our community during these trying times.

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

FEBRUARY 25, 2021 • 12:00 - 2:00 PM

Many are drawn to work in the human service field based on the rewarding aspects of helping and serving those in our community. However, it is important to acknowledge and address the challenges and hurdles that we experience in order to maintain an optimal level of support. Self-care and building support systems play an important role in the grief-process as well as in the sensitive work that we do. In this training, we will discuss the concepts of compassion fatigue, companionship, and basic grief principles as it applies to helping professionals so that we can increase our mindfulness and self-care to continue supporting those in need.

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

APRIL 22, 2021 • 12:00 - 2:00 PM

Throughout this past year, the COVID-19 pandemic has opened our eyes more to the effects of death and non-death related loss. We understand that as time passes, grief often changes. This training will help professionals foster the concepts of rebirth, resilience and resourcefulness within the individuals, families, and groups that we serve in promoting growth and healing in the face of adversity.

Cost is \$40 per training, or register for 2 trainings at a discounted rate of \$70. 2 CEU's Available for each.

Live
Webinars
* CE's *
Available!



Join Us! The Center is pleased to now offer a variety of topic-specific forums throughout the year to provide professionals and members of the community an opportunity to engage in interactive discussion and build insight surrounding important aspects of grief. Though registration is required, these forums are offered at no charge to participants.

The Anxiety of Reintegration during COVID-19

Thursday, September 10th 1:00 - 2:00 p.m.

Funerals & Rituals during COVID-19

Thursday, September 24th 1:00 - 2:00 p.m.

Grief and the Holidays

Thursday, November 19th 1:00 - 2:00 p.m.

Self-Care & Building Supports

Thursday, January 21st 1:00 - 2:00 p.m.

SUPPORTING STUDENTS IN AREA SCHOOLS

Our Center had the opportunity to facilitate several off-site peer support groups within area school districts at their elementary, middle, and high schools up until March. Several of our Center's staff members began careers in school settings, so it was especially rewarding and familiar to return as representatives of our special mission, supporting schools in a new way. For some participating students, these groups offered the very first opportunity they have had to talk openly of their grief and feelings about their person who died, and death in general.

What students found to be beneficial:

Discovering things that help, being able to talk about the person who died, coping with feelings, finding commonalities, feeling less alone, sharing affirmations

What students identified as needs:

Confidence, determination, to take things slowly, self-care, finding more people who are like them, healthy outlets for stress

"Many of our students are dealing with many traumatic experiences. Having this group allowed them to focus on one of those traumatic experiences and address it head on. It also helped them realize that they were not alone in their experience."

- School Counselor

Connecting to Schools During COVID-19

It is very clear that much has gone into planning a healthy, safe school year with everything centering on those priorities. Not to be overlooked is that portion of the school population who have experienced a death or may anticipate the death of someone close during this time. This pandemic is a collective experience, where deaths have often been reduced to grand totals and generalizations. In addition, deaths from causes other than COVID-19 continue without much opportunity for recognition. We understand that coping with grief following a death is extremely personal and delicately unique, having no timeline for each individual. As everyone prepares for this school year's many considerations, we recognize that grieving students and staff will be returning to school, carrying the need for support and understanding.

The Center is prepared to help address those grieving in our school communities. Skilled school counselors may not be able to provide specific grief therapy in their focused roles, but we can, currently through telehealth appointments for individuals and families with professionally licensed grief therapists. Grief support groups may not be possible to schedule within the school day in this era of hybrid schedules and overwhelmed guidance departments, but our Center has the time and means to provide these programs. Perhaps a school district wants additional training or guidance to better understand grief. Again, we are prepared to reach out and offer our expertise. Below are some options for schools to consider:

- Family and student referrals to **Professional Counseling**. Call Kim at 610-222-4110, ext 103 or invite those interested to visit our website where an inquiry form can quickly be submitted.
- **Nello's Corner for Students and Adult Caregivers** – Don't have time in the school day to schedule a grief group or only



have a handful of students? The Center already has ongoing peer groups for ages 4-high school set to begin the week of September 14th. These will be virtual groups using Zoom, held in the late afternoon or evenings, at no cost to participants. Families whose participation in our usual on-site groups had been previously limited by transportation or schedule issues may welcome the virtual access to our high-quality groups. Separate from youth groups, there will be sessions for adult caregivers too.

- **School Groups for Students** – Our staff are able to facilitate (or co-facilitate with a school counselor) a daytime peer grief group tailored to an individual school or grade level, district-wide.
- **Ongoing Virtual Support Group, "After the Bell", for Educators and School Personnel** who are facing issues of loss and grief with students, coworkers, and themselves during this time of COVID-19. The group will provide a confidential, safe outlet for processing and expression with one of our Center's staff. Every other week schedule. Starting date TBD \$20 registration fee.
- **Various Trainings, Forums, and Consultations** are available to help support school teachers, staff, students, and parents to provide preparedness and postvention while dealing with issues of loss.

We are here to help!

Contact Lois at 610-222-4115 or lh@bereavementcenter.org and we can discuss your needs together.



Camp Millie We'll Be Back!

Our staff and volunteers missed hosting children ages 6-14 for our annual Camp Millie program in June due to the complicated considerations of COVID-19. The wonderful summertime connections made between campers are always a highlight of The Center's yearly programming. We are ready to pick up where we left off for 2021! Mark your calendars now for June 21st – 24th. Our team promises it will be a good one!



Seeking Comfort and Counsel in a Virtual World

Client perspectives on how therapeutic relationships can flourish behind screens

Why did you seek counseling through The Center?

- I called for help, having picked you out randomly on the internet, because I was drowning, and couldn't get out. I had seen two other counselors since my husband was taken, but they were generic counselors, not grief counselors and just didn't 'get it'. [My therapist] understands.
- Our father reached out to The Center for me and my sisters to have grief support after the death of our mom. Continuing therapy through tele health has actually been a life saver. It is so much more convenient and has saved us about an hour and a half of travel time. [Our therapist] has been wonderful and meeting together virtually has been comforting during this pandemic and time of grief. We actually are hoping we can continue telehealth in the future because it has really been a good fit for us and our time. I absolutely would recommend for others to reach out for help through the center via tele health. It has helped us navigate our grief and the pandemic! We love [our therapist] and would highly recommend her and the center.

What were your initial reactions to beginning therapy through telehealth?

- Telehealth is no problem. It is far more convenient than my driving 45 minutes to get there (although I would) and I don't have to get dressed up.
- I thought we wouldn't be able to create the same experience as we did in-person.

What has the experience been like for you?

- I feel that [my therapist] understands me and my situation. I trust her. When there has been a bad day or days, I know I can save it for [my therapist]. I don't yet know what 'feeling better' looks like, but in the meanwhile, my head is still above water. I also feel that I can be real with her.
- Better than expected. It's obviously very convenient since we live about an hour from The Center. I feel like we've been able to create the same safe space as we did in person.

What has surprised you about the process of using telehealth and meeting virtually?

- For some people, I think that Telehealth might initially feel safer, but it wasn't an issue for me.
- I think how meaningful the sessions have been. I think my sisters and I have had some breakthroughs.

What would you want to tell others considering getting support through this time?

- I would tell people that they don't have to be alone, and that with someone to listen and say the right things, I feel relief. The problem for some people is the difficulty in accepting that they need help, and in finding the right person. But I have always been pro-counseling, so it wasn't hard for me.
- I think it's crucial to seek help. The combination of grief and the pandemic can really take a toll on a person's mental health. I've benefited greatly from working with a grief counselor and would strongly recommend it to anyone who has lost a loved one.

For more information on our counseling program, for you or someone you care about, please call 610-222-4110 or visit our website www.bereavementcenter.org.

Help is available – no one should grieve alone.

SPECIALIZED SUPPORT GROUPS

Sometimes what is really needed is an encouraging smile, the nod of a head, and a heart which understands like no one else can.

Specialized support groups at The Center create a space for shared support and comfort with others grieving a loss. They are scheduled as interest is shown. Currently groups are offered in a virtual format via Zoom and, as always, are facilitated by our specialized professionals.

SIX-WEEK SPECIALIZED ADULT SUPPORT GROUP OFFERINGS

Loss of Spouse for various stages of life,
Loss of Parent, Loss due to Addiction,
Support for Ambiguous Loss and Loss due to Suicide.

ONGOING GROUPS

Loss of Child - For parents who have experienced the death of a child who was a teen or adult.
2nd Monday of each month, 6:30 – 8:00 p.m.

Young Adult Grief Support Group (YAGS)
For ages 20-30 (approx.) who have experienced significant loss(es)
Every other Wednesday, 7:00 – 8:15 p.m.
Ongoing registration/No fee

SCHEDULED AND UPCOMING GROUPS

Virtual Loss of Sibling - Specialized Support Group for adults following the death of a sibling. This group will offer a welcoming circle of support to process emotions and experiences.

Thursday, September 3rd, 10th, 17th, 24th,
October 1st and 8th, 7:00 – 8:30 p.m.

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 traditional social supports following a death.
Scheduled in 6-week cycles every other Wednesday, 7:00 – 8:30 p.m., as interest is shown. \$20 registration

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, 7:00 – 8:30 p.m. \$20 registration

Ongoing Virtual Support Group for Educators and School Personnel during COVID-19, facing issues of loss and grief with students, coworkers and selves. The group will provide a confidential, safe outlet for processing and expression.
Schedule TBD. \$20 registration



For registration and cost information, please contact Ashley at amh@bereavementcenter.org or call 610-222-4110, ext. 123.



Grief Notes on...Mindfulness

By Steve Keller

So...Is it over yet? After five months of the pandemic, now complicated by seemingly worsening societal unrest and political polarization, many Americans are growing weary. We are bombarded daily by reports of soaring death tolls, traumatic imagery, and conflicting information from our government officials. Although we have attempted to re-establish a sense of normalcy by ending lockdowns, reopening the economy, etc., it has become evident that we must maintain extreme vigilance.

Our media is saturated with vivid footage of protesting, rioting, looting, destruction of property, and overall civic strife. We yearn for healing. We grieve for our lost sense of predictability, structure, safety and security. In addition to the sadness and grief is a looming sense of fear and uncertainty that can contribute to severe anxiety and deepening depression.

In this current stressful and tumultuous environment, we strongly encourage our clients to engage in self-care. Good nutrition, adequate sleep, exercise, utilization of social supports, and tending to spiritual needs are all important.

This is where the practice of mindfulness meditation comes in: it is an excellent adjunct “tool” to help facilitate and process grief, as well as assuage stress and anxiety. Scientific research also shows that mindfulness meditation reduces stress hormones, promotes a relaxation response, improves concentration and immunity, and helps with sleep cycles.

The practice of mindfulness meditation means deliberately making a concerted effort to set aside time each day to devote to mindfulness. It does not require a great time commitment; in fact, meditating for five or ten minutes twice a day can be quite useful. However, consistency of practice is important to reap the benefits of the experience. The actual practice involves focusing your attention intensely on a behavior or object- this could be your breath, the flame of a candle, and object in your hand, the physical sensation of eating or walking, a repeated word (mantra), etc. Most practitioners choose to focus on their breath and find it to be soothing and obviously very accessible. However, others find more comfort in other focuses. Perhaps the best way to start is to try focusing on the breath first, and adapt to expand other concentrated areas of attention as you gain ease in the practice. Try various modes several times and see how each feels.

It is preferable to find a quiet place with as few distractions as possible. Try this:

1. Assume a comfortable position lying on your back or sitting. If you are sitting, keep the spine straight and let your shoulders drop.
2. Close your eyes if it feels comfortable.
3. Bring your attention to your belly, feeling it rise or expand gently on the in breath and fall or recede on the outbreath.
4. Keep the focus on your breathing, “being with” each inbreath for its full duration and with each outbreath for its full duration, as if you are riding the waves of your own breathing.
5. Every time you notice that your mind has wandered off the breath, notice what it was that distracted you and then gently bring your attention back your belly and the feeling of the breath coming in and out.
6. If your mind wanders away from the breath 1000 times, then your “job” is simply to bring it back to the breath every time, no matter what it becomes preoccupied with.



If focusing on the breath is not your chosen object of focus for meditation, the same general concept applies to any focus, i.e. pay attention intensely to the object or activity, and when the mind becomes distracted or wanders, bring it back.

It is inevitable for the mind to become distracted by noises in the environment, feelings in the body, as well as the all too frequent clutter of thoughts and feelings. It is crucial to engage in the meditation with an attitude of love and compassion toward oneself. This means when your mind wanders off of the breath (or other chosen focus), simply take notice of the nature of the distraction, gently and non-judgmentally escort the thought out of your mind, and return to the breath. During times of extreme stress, you may find it to be extremely difficult maintaining focus on the breath which can generate feelings of frustration. The point is to realize that it is not a contest, you are not being “graded”, and simply the act of focusing and refocusing is the essence of the therapeutic benefit.

An important point to realize is that the activity of escorting intrusive thoughts, feelings, and sensations out of the mind is NOT with the goal of avoiding or ignoring them. They will likely reassert themselves repetitively throughout the day anyway, and can be addressed later. The essence of meditation is that the act of focusing and refocusing puts “space” between your thoughts and having to react to them. Each time you consciously choose to redirect your attention back to your breath, you gain a sense of control and spaciousness, knowing that you can tend to any of the distracting thoughts later (or not). With practice, meditators gradually become more aware of their thoughts and feelings with a greater degree of calmness and perspective. This increased sense of perspective results in the griever being better able to disentangle from repetitive, counterproductive, anxiety laden thoughts that can be so exhausting and debilitating.

Regular mindfulness practitioners find that over time they “look forward” to taking time each day to meditate, which becomes for them a refuge of sanity and stability that can be used to restore a sense of balance and awareness. They do not view meditation as drudgery or “a chore”, but as a gift to themselves.



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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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