

CENTER *Connections*



The Center *for*
Loss and Bereavement

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” —

WILLIAM ARTHUR WARD

Starting off this season of holidays, we are filled with gratitude for so many people generously giving hope to others through support of our special programs. We honor those who will be facing their traditions with profound grief this year, marking the first, second, or even thirtieth year of loss that accompanies the moments where memories were would have been made with precious loved ones lost.

Share in the knowledge that you are not alone and help is available if needed. Take comfort in the gratitude for the special people who foster hope through the healing connections made in our programming - from our participants, to our volunteers, our staff, and supporters. Regardless of what has brought you to our Center, we are so thankful you are with us and trust us with this special work.

Resources

Keeping with our mission's work to increase grief awareness and communal support, we have launched a newly enhanced section of educational tools on our website. In this season of sharing, if you or someone you know will be facing the holidays with newfound or long-lasting heartache from loss, take some time to peruse our collection of articles or tip sheets:

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

Click for the downloadable version



Ten Tips for the Holidays

Often during times of grief, it can be helpful to have a guide to help ease some of the stresses that can be felt during the holidays. Since the grieving process is unique to every person, choose what tips and tools work for you and your family to help manage the holiday season.

1. Lean In or Lean Out to your Grief

Do what feels right to you. If it feels better to step away from the holidays completely or to downgrade a bit from usual practices, then give yourself the permission to do so. If children are involved, it may be necessary to carry on usual traditions so that the holiday remains fun and joyful to them. There is an entire spectrum of celebration. Do what feels right to your family, not to the expectations of others or society.

2. Lower Expectations

It's ok to not be okay. Likely, your holidays will look differently without your loved one than they have in the past. Remain mindful of what you can handle during this time and let others know that during this time, it is okay that you are not okay.

3. Ask for help

The holidays can require a lot of personal time and energy. Recruit family, friends and neighbors to help ease some of the physical burden that can often be felt at the holidays.

4. Make a Plan

Develop a holiday checklist with specifics as to how you and your family will celebrate the holiday, but remain flexible to change it if needed.

5. Maintain Self-Care

Always remember to take care of yourself. Give yourself a break, surround yourself with a strong support system, and take time to recharge. Remember you have to take care of yourself first so that you can take care of others. Maintain good physical and emotional health as much as you are capable.

6. Evaluate Traditions

Talk as a family about creating new traditions together, or choose to embrace old ones as a way to stay connected to your loved one.

7. Embrace the Memories

Include the memory of your loved one in your celebrations. Encourage your children to make something meaningful, such as a holiday card or special gift, for your loved one. Your children might want to place them in a special place such as a fireplace mantel or in their room. Some children might want to take these items to the cemetery. Perhaps remember your loved one by cooking their favorite food, listening to their favorite songs, and taking part in their favorite holiday traditions.

8. Honor Emotions

Accept and honor expressions of emotion from both yourself and your children. You both may express a wide range of emotion that often can arise at unexpected times. Avoid the tendency to put a positive spin on your loss.

9. Acknowledge Feelings as Natural

Acknowledge all feelings and reassure children that these feelings are expected, honest and natural and to not feel shameful.

10. Give Back

Giving back to others who might be in need can be very therapeutic when you are grieving. Take time to volunteer or donate to a local non-profit in memory of your loved one, serve at a local food pantry or adopt a family in need for the holidays.

Mark Your Calendars



Centered Conversations

Open to the public at no cost.

Self-Care & Building Supports

Wednesday, January 27, 2021
1:00-2:00p.m.

Continuing Bonds

Wednesday, March 17, 2021
1:00-2:00p.m.

Resiliency & Growth

Thursday May 20, 2021
1:00-2:00p.m.

CENTERED
CONVERSATIONS
DETAILS

Professional Roundtable Training

CEU's available!

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

February 25, 2021

12:00-2:00 p.m.

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

April 22, 2021

12:00-2:00 p.m.

TRAINING
DETAILS

*Clinical and
Group Programs
Update*



During this time of the year, large family gatherings, special foods, fun activities, and gifts are often things joyfully anticipated. For all of us, we face the final days of 2020 with the realization that these celebrations will be very different due to health concerns. And for those who are grieving, the absence of a loved one may be especially challenging to maneuver. One young Nello's Corner participant recently described the collision of grief and the pandemic as a "Double Whammy". The lack of usual coping strategies such as social supports, traditions, routines, and vacations may not be available and the potential for feelings of isolation and anxiety exist.

If you know someone who is grieving, we encourage you to reach out and check-in. Your awareness and listening ear might be just what is needed for someone who is "doubly" impacted, especially this year.

If you are struggling, please reach out to us. Our therapists, using a telehealth, are ready to help through individual, couple and family counseling. Support groups for children and their caregivers are offered through our Nello's Corner program. The groups listed below will be held to connect adults as they work to better understand their grief and determine a path forward.

Mature Loss of Spouse Support Group- for adults ages 60 and older grieving the loss of a spouse or partner. (Schedule TBD)

Loss due to Suicide Support Group- for adults grieving the loss of a loved one due to suicide. (Schedule TBD)

After the Bell Virtual Support Group- for educators and school personnel facing issues of loss and grief with students, coworkers and selves. This group will provide a confidential and safe space for processing and expression. (schedule TBD \$20 registration)

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. (Schedule TBD \$20 registration)

REQUEST
INFORMATION



Spotlight

Meet our Intake Coordinator, Kim Burian!



Kim has worked at the Center as a therapist and group facilitator since 2016. She has recently added Intake Coordinator to her role and remains a valuable member of our team! Kim is behind the welcoming voice of each phone call to the Center, eager to share about the services that we offer to grieving individuals and families.

Her comforting nature compliments her skillful assessment in determining which program may be most beneficial for each person's unique needs in grief support.

When asking Kim what she loves about her role at the Center, she shared ***"As the new Intake Coordinator, I am truly honored to continue to be a part of The Center and contribute to the overall mission by guiding people, with compassion and care, to the most appropriate people and service within our organization."***

We are so thankful for Kim's valuable skill set and knowledge across many

areas of The Center. We welcome you to give her a call.

Community Connections

Reminder

**Please Remember us when shopping on
Black Friday or Cyber Monday!**

Click on the Amazon Link on our
homepage or select our organization for
Amazon Smile.

Thank You!!!

DONATE

REQUEST INFORMATION



www.bereavementcenter.org
3847 Skippack Pike - Unit PO Box 1299,
Skippack, Pennsylvania, United States, 19474

610-222-4110
emv@bereavementcenter.org

You can **[unsubscribe from this list.](#)**

Copyright © 2020 The Center for Loss and Bereavement, All rights reserved.