

CENTER *Connections*



The Center *for*
Loss and Bereavement



For many people, Memorial Day signifies the kickoff to the summer, bringing with it warm celebrations in homes and neighborhoods around the nation. Primarily, this holiday was created to honor and recognize those fallen soldiers whose lives have been lost in service to our country. Memorials connected to this holiday and held for all people who've died offer survivors a means to cultivate continued bonds with those lost, while finding strength in communal mourning. Both are important parts of grief's journey. This year, people are finding

hope in resumed gatherings and increased public safety. This relief also brings a confrontation of the absence of members in our circles of family and friends. There is now more freedom and comfort to mourn together, and there is a great deal of pain to be held.

Whatever your plans may be this weekend, take time to reflect on the honorable men and women who laid down their lives in service, while holding space to honor the millions of people around the world who are grieving loved ones that have yet to be memorialized. Reach out to others who are considering how to plan a funeral service for a death that may have occurred many months ago, knowing how important that gathering will be when finally held. Remember those lost in private ways or through communal sharing, restoring comforting rituals that offer support and meaning to those left behind. Processing communal grief from this past year will be both helpful and heavy; above all, be gentle with your expectations of yourself and others.

Mark Your Calendars



2021 CAMP MILLIE TRAILBLAZERS

June 21-24, 2021
9:00 a.m.-2:00 p.m.

CAMP MILLIE
INFORMATION

FIELDS OF HOPE U-PICK SUNFLOWER EVENT

Please save the date for our summer outdoor event!
July 15-20, 2021

FIELDS OF HOPE
INFORMATION

2ND ANNUAL STRIDES OF HOPE 5K

November 6, 2021

STRIDES OF HOPE
INFORMATION

PROFESSIONAL TRAININGS &

COMMUNITY OUTREACH

2021-2022 Training & Education Schedule Coming Soon!

Community Connections

FIELDS *of* HOPE

Join us this summer for our fields of Hope Sunflower event!
SAVE THE DATE!
The event will run from July 15-20, 2021

There will be opportunities to register for individual or group slots to safely:

- “Pick Your Own” Sunflowers
- Purchase Pre-designed Flower Arrangements
- Participate in Plein Air for Artists
- Have Professional Portraits taken in beautiful Sunflower Fields

All proceeds will benefit The Center for Loss and Bereavement’s Mission and Services!

FIELDS OF HOPE
INFORMATION



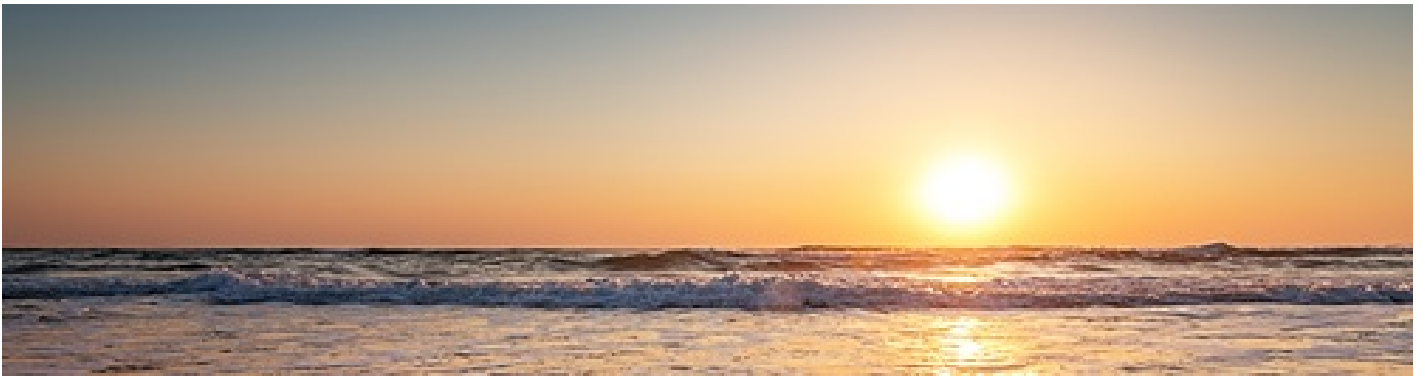
Did you know that May has been National Mental Health Awareness Month since 1949? The observance has been instrumental in increasing awareness, education, destigmatization, and early intervention for those suffering from mental illness.

Anxiety disorders are the most common mental health concern in the US. If you are bereaved, you have likely experienced anxiety. Psychologists and grief researchers posit that not only is it "normal" but expected to experience some degree of anxiety in the days, weeks, and months after the death of a loved one.

Unfortunately, the Covid 19 pandemic has significantly exacerbated the stress and anxiety levels of griever and affects the general population. Over the course of the pandemic, the threats to our safety have included racial strife, civic unrest, political polarization, economic losses, rampant unemployment, virtual schooling, social distancing, and disrupted social routines.

[READ MORE HERE](#)

Clinical and Group Programs Update



As we move into the Summer months, we are gradually increasing the opportunity to provide in-person services to the community while maintaining the health and safety of all!

Several of our Nello's Corner groups held their final meetings at our Center, which was truly an experience enjoyed by all children, staff and volunteers. We are looking forward to our annual children's bereavement program, Camp Millie, held June 21st-24th at the Central Community Center in Lansdale, PA. Our Specialized Adult Support Group Program will be offering two in-person groups beginning in July (Adult Loss of Parent and Middle Age Loss of Spouse). The Clinical Counseling Program offers both in-person and virtual services as we recognize varying comfort levels and the need for support.

While our services have been offered virtually, our service area for counseling and peer support groups primarily includes community residents of Southeastern PA (the Greater Philadelphia area). Our education and awareness efforts reach well beyond these direct service limits, but we do prioritize our staff commitments based on capacity and need. If you are out of our area but would like support finding resources in your state/region, we can assist you in finding contacts through our national networks of grief service providers.

Contact us at 610-222-4110 to speak with our Intake coordinator Kim. She can help you navigate the options available.

REQUEST
INFORMATION

Spotlight

On our
Fields of Hope Event Volunteer Committee



For the past several months, a fantastic group of volunteers with staff support have planned the Fields of Hope event. They have worked very hard on every detail, including logistics, volunteer management, covid safety, and sponsorship!

They look forward to everyone joining us in July! For all the details visit:
<http://bereavementcenter.org/fieldsofhope/>

Thank you!

Audrey Ditzler

Beth Hunt

Christine Smith

Gina Parlanti

Jillian Gallagher

Lauren Rieger

Marykay Lojewski

Mary Lynn Morasco

Melissa Smith

Selaine Keaton

Sherry Demito

You can also still contribute to our **20th Anniversary!**
Thank You to our Growing List of **Generous Donors**

DONATE

REQUEST INFORMATION



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