

CENTER *Connections*



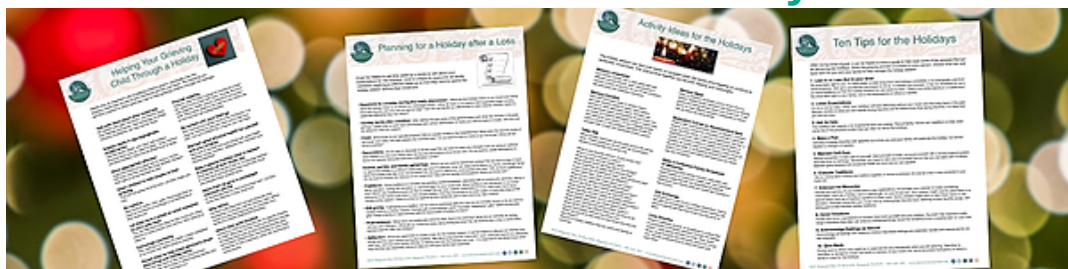
The Center *for*
Loss and Bereavement

As we reflect on the year ahead, we want to honor those connected to our Center. Whether you've trusted us with the care of your personal needs or those of another, or you've been someone who generously has supported our work, we thank you. Our entire staff and board of directors are grateful for that trust, enabling us to bring hope and connection to others through life's difficult times. Wherever this season finds you, we wish you peace and comfort through the quiet moments, and may 2022 be a year of reconnection and restoration for us all.



Grief Brief

On Grief and the Holidays



By: Steve Keller

Regardless of spiritual or religious persuasion, the holidays are a time of connection

with family and loved ones. The holidays offer an opportunity for thankfulness, reflection, spiritual and social renewal, and expression of love.

This time is particularly challenging for the bereaved, especially those who sustained the death of a loved one in the recent past. The season entails societal and social expectations of joyful gatherings and celebrations. The bereaved are often “in no mood” for such merrymaking, which may serve to exacerbate the despair of grief.

Families adopt cultural rituals and traditions which are often passed down through the generations. It may be difficult to derive joy and meaning from such traditions in the stark absence of a cherished loved one.

Our clinicians encourage clients to be attuned to what they most need during this difficult time, with the goal of not only surviving but maximizing comfort. For some people, comfort and even joy can be derived by adhering to traditions while being mindful of and honoring the deceased. Examples of this might be continuing to hang the Christmas stocking of the deceased on the mantle or featuring their favorite dessert at the holiday meal. Other families may choose to completely eschew their historical traditions and do something completely novel and different. An example of this may be to take a family trip in lieu of their “normal” holiday tradition. Others may create new ongoing traditions that honor the past with an eye toward the future.

Regardless of what you choose, focus on physical, emotional, and spiritual self-care is of paramount importance during this time.

For more holiday guidance for the bereaved, please visit our [Tip Sheet](#) page to find helpful information to manage "Grief through the Holidays":

- [Activity Ideas for the Holiday](#)
- [Helping Your Grieving Child Through a Holiday](#)
- [Planning for a Holiday after a Loss](#)
- [Ten Tips for the Holidays](#)



Mark Your Calendars

Upcoming Professional Roundtable Training



Case Studies in Grief and Attachment

Date: Wednesday, March 30, 2022

Time: 9:00 a.m.-12:00 p.m.

Location: The Center for Loss and Bereavement, Skippack, Pennsylvania

Credit: 3 CEUs

Cost: \$70

Attachment styles and relationships early in life often have an effect on how grief is processed. Join us for a case-study exploration and dynamic discussion on how grief presents itself following loss at various developmental stages.

REGISTER HERE



Counseling Updates



Introducing our new Therapy Intern, [Tammy Court-Cudd](#), who is currently scheduling counseling clients starting in January 2022!

Tammy is currently enrolled in the Social Work Master's Program at Widener University, with anticipation of graduation at the end of summer 2022. In addition to pursuing this path towards being a Licensed Clinical Social Worker (LCSW), Tammy has already earned an M.S. in Thanatology, the study of death, dying, and bereavement, from Marian University, and obtained her Certification in Thanatology (CT) through the Association of Death Education and Counseling (ADEC). Her personal experience prompted her to pursue her thanatology degree and complete training as an End-of-Life Doula. Personal experience also led Tammy to her interest and specialized training in the grief that surrounds pregnancy loss and infant death. As an active member of the Pregnancy Loss and Infant Death Alliance (PLIDA), Tammy is passionate about shedding light on and bringing awareness to the heartache felt by many families.

As a Center Intern, Tammy will be working across our programs, supporting grieving clients in our counseling program and in the facilitation of peer groups. Tammy will also apply her extensive knowledge in Thanatology to efforts in our grief education and awareness. To learn more about Tammy please visit her bio on our website at [Tammy Court-Cudd](#)

Please join us in CONGRATULATING our clinical staff members:
Emily Cauchon and Hannah Feehery in completing the Suicide Bereavement Clinician Training Program with American Foundation of Suicide Prevention (AFSP) this past November!



Group Program Update

Children and Adult Group Programming



As the flurry of holidays work towards a new year, many do not understand that family celebration and turning the page to January can be painful reminders of what has changed and what is missed for so many who are grieving. A gentle approach - to gatherings, traditions, invitations, expectations and grief – can help ease the busy season.

Some self-care ideas for those who are grieving:

- Write a note of encouragement to yourself
- Buy a gift you would have purchased for the person who died and then give it away to someone
- Downsize the decorating - one candle is all that is needed to shine light in the darkness
- Have a family meeting to allow space to talk about what traditions to keep
- Give yourself permission to say, “No, thank you” or to talk about your loved one
- Remind yourself it is ok to feel what you feel, including moments of happy
- Take a Snow Day – even if there’s not a flake in sight!

Some ideas to offer support to those who are grieving:

- Be understanding of last-minute cancellations but check in later
- Acknowledge the loss – say the person’s name – share a memory

- Leave a small token of comfort at the front door - candle, cookies, stuffed animal, specialty tea
- Send a holiday card/email/phone call to share that you have not forgotten
- Meet one on one for a cup of coffee or cocoa
- Suggest going for a no-stress walk – the crispness of winter air can be remarkably healing
- Consider sharing the resource of our Center to someone you know who is grieving



Nello's Corner Family Bereavement – for ages 4-19 and their parent/guardian

- Tuesdays and Wednesdays, 4:30-5:45 pm and 7:00-8:15 pm

Specialized Adult Support Groups

- Loss of Child 2nd Monday of month 6:30-8 pm (in person)
- Young Adult Grief Support – every other Wednesday, 7:00 – 8:15 pm (hybrid)
- Mature Loss of Spouse – six Mondays beginning January 10th at 1 pm
- Mid-Loss of Spouse – six Thursdays beginning January 6th at 6:30 pm
- Loss of Sibling – six Thursdays beginning January 6th at 7 pm (virtual)
- Pregnancy and Infant Loss 3rd Thursday of month 7-8:30 (virtual)
- Counseling for all ages

Upcoming in February/March – Loss due to Suicide, Younger Loss of Spouse, Loss of Parent, Loss due to Addiction

Contact Hannah, our Intake Coordinator, at 610-222-4110

REQUEST
INFORMATION 



Spotlight



Thank you to everyone who participated, volunteered, sponsored, and donated to our 2nd annual Strides of Hope 5K. On November 6th, over 200 people participated, and countless people donated to our team fundraisers! It was wonderful to have our community celebrate and support The Center for Loss and Bereavement. Thanks to your help, we surpassed our fundraising goal! All proceeds raised support our mission, bringing comfort and hope to individuals and families as they navigate through a journey of profound grief. Check out the results and photos:

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



Community Connections

Help communities *you* care about by donating your Walgreens Cash rewards.

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Donate your myWalgreens cash rewards!

We're participating in the myWalgreens donation program! You can donate your myWalgreens cash rewards to The Center for Loss and Bereavement thru 2/28/22. At Walgreens, you'll earn unlimited 1% Walgreens Cash rewards when you shop and you can choose how much to donate. It's that easy. Whether you'd like to contribute \$1, \$5, or more of your Walgreens Cash rewards you'll be making a big difference. It really adds up!

*Walgreens Cash rewards can be redeemed as a donation to designated charities as shown in your myWalgreens™ account in app or on [Walgreens.com](https://www.walgreens.com). Once Walgreens Cash rewards are redeemed for a donation, the exchange is not reversible and cannot be canceled once submitted. Donation is not tax deductible, and additional terms and conditions may apply. Walgreens reserves the right to change the charities that are eligible to participate at any time without notice.

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REQUEST INFORMATION



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