

CENTER *Connections*



The Center *for*
Loss and Bereavement

Grief Brief

DID YOU KNOW??

By: Steve Keller

... that The Center for Loss and Bereavement website is teeming with helpful information? In addition to introducing our mission, founders, staff, and our services, we have a wonderful resources page that can be accessed here- <http://bereavementcenter.org/resources/>.

Our Grief and Loss Tip Sheets and Booklets section provides topical information and suggestions for readers, especially relevant to coping and adapting to the death of a loved one. Check back as we will be continually adding new tip sheets!

We have included a comprehensive list of our bi-annual printed newsletters and our monthly e-newsletters to date, all of which are engaging reading and full of valuable resources!

Check out the various sections that include our program brochures, Grief Notes Blog, and direct links to many prominent national and local organizations that specialize in grief and loss.

Our resource page is dynamic as we continually work to provide the most up-to-date and useful research to support grieving individuals. Please reach out to Ashley Herr, our Education and Community Outreach Director, at amh@bereavementcenter.org if you are looking for information and/or support that is not yet built into our resource page!



Center Highlights

VOLUME 21, ISSUE 2 Fall 2021

FROM THE EXECUTIVE DIRECTOR

At The Center for Loss and Bereavement, our work remains strong even as challenges continue to face us all. Our approach in this sensitive work is grounded in the trust that through tough times, there are always others who can relate, provide perspective, and offer support. That truth has been validated through this last year and we are reminded over and over just how integrated our needs and strengths as a community are.

From all ends of our small corner in the world, our Center has been stretching its arms and serving more need than ever before. As growing numbers of people have turned to us for counseling, consultation, or group support, we've sustained our capacity with added staff members, interns, and an immense investment of devoted volunteers. We've also been touched by the incredible generosity of those who've reached out to help others by contributing to our mission, enabling us to serve even more.

In this unique, essential work, we have always been inspired by the dedication of individuals who honor the importance of grief services and step into a position of humility by asking for help or in offering it. At one time or another, all will find this duality in life to be true as we move from a position of needing support to paying it forward. In this newsletter edition, we will highlight the many ways and the many people who currently are helping bring this truth to light in our service to the community. We could not maintain the important work we do without each person's unique strengths in every role, and we honor the spirit that has brought them to our Center.



Emily

Emily Vincent, LPC FT
Executive Director



Christopher Smith
Board President
Governance & Finance Committees

"I was asked to be a board member 17 years ago and because I had experienced the impact of (that) loss on my family, I felt it was important to assist in the growth of this great organization."



Rita Porreca
Board Member,
Clinical Supervisor
Programs and Services, & DEI Committees

"It is sacred work to help those grieving either directly as a volunteer in one of the programs or as a more supportive person on a committee or the board."



Robb Muse
Board Member,
Program Volunteer
Governance & DEI Committees

"I was initially drawn to the Center some 14 years ago as a volunteer - a short time after my mother died. I was seeking a volunteer experience working with kids dealing with grief challenges."



Chase Kneeland
Board Member
Programs and Services Committee

"My hopes for folks coming to the Center are that grieving their loved ones will be easier and have a certain touch of caring humanity that will make a tough journey more bearable."



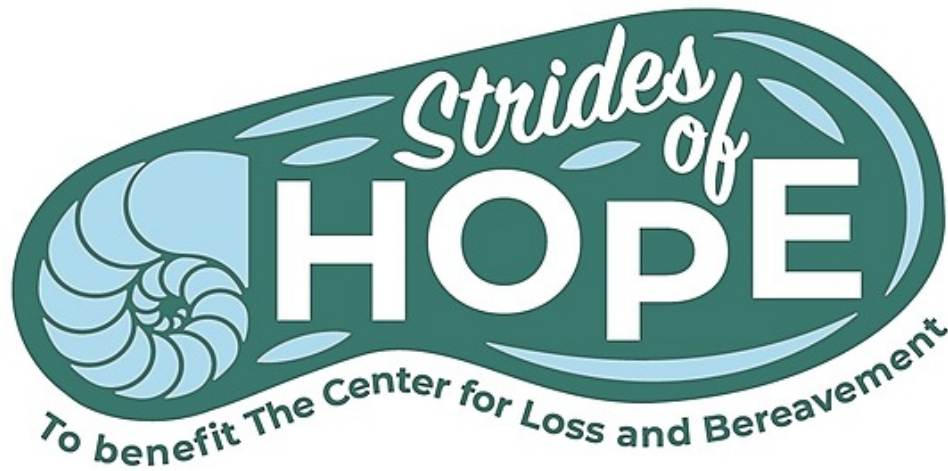
Audrey Ditzler
NEW Board Member,
Program Volunteer
Community Relations, Events, & DEI Committees

"It wasn't until my adult years that I learned what a profound impact professional support can have on healing and growth. This inspired me to help others coping with loss, hoping they never have to feel that same loneliness."

CHECK OUT OUR LATEST NEWSLETTER:



Mark your Calendars



2ND ANNUAL STRIDES OF HOPE 5K
In-Person & Virtual Options!
November 6, 2021

STRIDES OF HOPE
INFORMATION



**PROFESSIONAL TRAININGS & COMMUNITY
OUTREACH**



The Center *for* Loss and Bereavement

Virtual Centered Conversations: Grief & The Holidays

Wednesday, November 17, 2021
12:00p.m. - 1:00p.m. & 7:00p.m. - 8:00p.m.

CENTERED CONVERSATIONS
INFORMATION



Clinical & Group Programs Update



Children's Programs

Nello's Corner

We will be offering support groups in person for children ages 4 through high school who have experienced a death in their family. While children meet with their age-appropriate groups, caretaking adults meet at the same time. Group will be every other week on a Tuesday or Wednesday from 4:30-5:45 pm or 7:00-8:15 pm. There is no cost; however, registration is required. Please contact Lois Harris at 610-222-4110 ext. 118.

Volunteering

If you are looking for a new experience in helping children through their grief process, Nello's Corner is the place to volunteer your time! Our volunteers assist in facilitating groups, play games, help with hands-on art projects, etc. Application and Training Course is required. Please contact Christina Larkin, 610-222-4110 ext. 119.



This month brings adults who are coping with the **Loss of a Parent** and **Loss of a Spouse or Partner** into specialized six-week group sessions, building connection and support. As we plan for fall, options will be offered for new groups to meet in person or, if needed, virtually. Two ongoing groups, **Loss of a Child** and **Young Adults Grieving a Loss** are meeting in person at the Center and welcomed new members. Those interested in learning more about our support group program for adults are encouraged to connect with us.



Our Clinical Counseling services will continue to be offered virtually as well as in-person while following all safety protocols. We have recently added a new therapist to our clinical team, in support of the growing demand for this specialized service. Hannah Feehery, NCC, is now scheduling appointments for adults, children, and teens seeking individual and family grief support. Visit Hannah's bio on our website [here](#) to learn more about her experience in this field and her compassionate, personalized approach.

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





We are so thankful to have been featured in a recent article printed in the Philadelphia Inquirer to discuss the implications of grief and loss amongst other wonderful professionals in the field. Follow the link below to read more!

[What you should know about grief after COVID-19 deaths](#)

DONATE

REQUEST INFORMATION



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

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