

See the Good in Grief

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Good Grief!

Hello,

I hope that the dawn of springtime finds you feeling well. We have lots of exciting developments here at the Baptist Centers for Good Grief. We have worked to expand our services, adding more camp experiences, support groups, and seminars focused on a variety of grief-related topics. And soon, we will start the construction of our new Cottage.

Our newest project is something that we are proud to offer at the request of our clients – a podcast and YouTube channel!

Our podcast is named “Grief is...Real. Big. Better shared.” This is the podcast everyone needs to hear, but nobody wants to hear. It will be released monthly along with a YouTube segment called “Coping Skills Toolbox.”

How can you find these new resources?

Podcast: search wherever you get your podcasts. Make sure to subscribe to it so you are notified of new episodes.

YouTube: search and subscribe.

You Tube:

<https://www.youtube.com/channel/UCx37QqT09DneCdspXwYoJ2w>

Apple Podcast:

<https://podcasts.apple.com/us/podcast/grief-is-real-big-better-shared/id1614449324>

Audible:

https://www.audible.com/pd/ITEM_NAME-Podcast/B09VGY5VGK

Spotify:

<https://open.spotify.com/show/0CzI6RvtRHOnyUFFevLeiY>



Custom Podcast Blog Page:

<https://sites.libsyn.com/405464/episode-1-grief-101>

We say that this is the podcast no one wants to hear because grief is not exactly a fun topic. Grief is hard, and people tend to avoid talking about it. But this is also the podcast everyone needs to hear because grief is one of the most universal experiences there is. Everyone is touched by loss in some way at some point in their life. Those who are grieving can benefit from this opportunity to better understand their grief and to hear that they aren't alone. Others can use this podcast to learn how they can give support to the people in their lives who are grieving.

Sincerely,

Angela Hamblen Kelly, LCSW
Executive Director
Baptist Centers for Good Grief



Adolescent Grief

There are many reasons why being a grieving teen is complicated. Think back on your own teen years. For many people, it is the time when they felt the most vulnerable, most confused, and most insecure in their bodies and minds. These feelings are natural because of the identity formation that is taking place during this time – who am I, where do I fit in, who do I want to be, what kind of a person will I become?

If this all sounds vaguely familiar, that is because identity reformation is one of the needs of mourning for grieving people of all ages. It's a major factor in how we reach reconciliation in our grief. So, our grieving teens were already struggling to answer the question, "Who am I?" Now they must simultaneously try to figure out "Who am I now that my loved one has died?" At this time, they need their attachment figures (both family and friends) but often push them away. Teens are not children, and they are not adults – they are in their own unique phase of development. We need to treat them as such and recognize both the challenges and opportunities for growth that experiencing a loss at this age presents.



So, how should we support grieving teens?

DO.....

- Take care of yourself. You are the most important person in your teen's life, and they may be worried about you. Allow yourself time to grieve and do not feel afraid to ask for help.
- Take time to LISTEN to your teenager. Ask them how they are coping, and do not be afraid to ask them the difficult questions. Be honest and open. Listen to their responses, support them and let them know that you love them unconditionally. Encourage them to ask you questions also.
- Try to ensure that your teen has lots of support. Your teenager will not always talk to you about everything. This is normal developmental behavior. If they will not talk to you, encourage them to talk to someone – friends, siblings, aunts/uncles, pastors, etc.
- Encourage your teen to talk about how they feel, but encourage other forms of expression as well. They may write, listen to music or engage more with friends as ways of coping.
- Stay tuned for red flags – major changes in grades, unusual behaviors at school or at home, withdrawal from supports, depression, anxiety, suicidal thoughts, experimenting with drugs, alcohol, or sex. Let your teen know that you love them no matter what, and seek the advice of a qualified mental health professional if you are concerned about any of these red flags.
- Talk about your loved one with your teen. Say your loved one's name and share memories. Look at pictures together, talk about what you like to remember, create rituals or new family traditions.



REMEMBER...

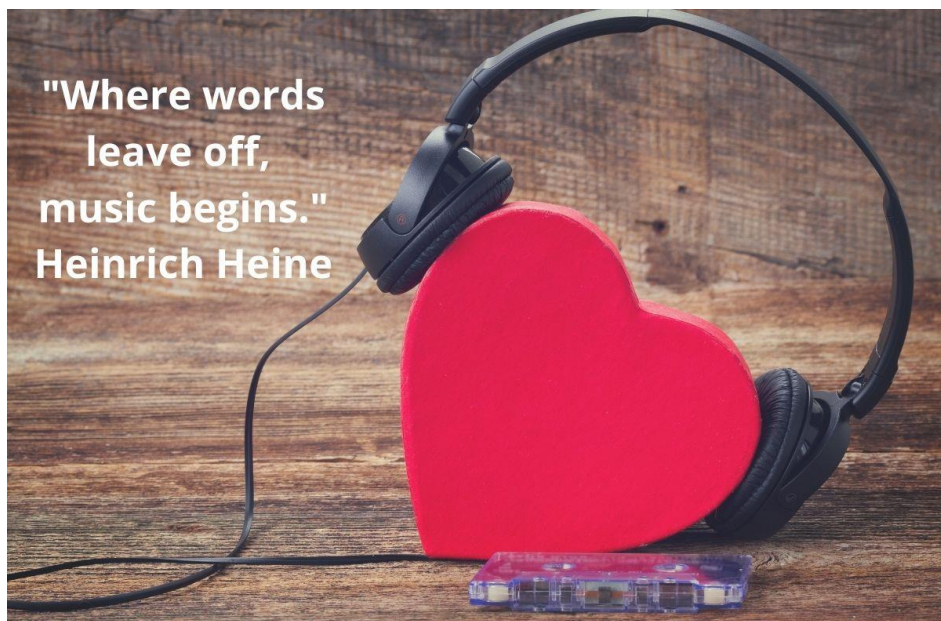
- Teens grieve differently from adults – they have the capacity for thinking more deeply about loss and spirituality than younger children but do not always have the emotional maturity that many adults have.
- Teens need to learn skills to cope with their emotional pain. The adults in their lives can model appropriate ways to cope with grief.
- Focusing on schoolwork can be difficult. Talking to the staff at your teen's school about the loss can help make the return to school less difficult and provide them with more support.
- It is important for teens to have clear boundaries and consistent limits when they are grieving. It helps provide them a sense of security at a time when their world can seem unsure.
- Healing occurs over time. As your teen grows and changes, their grief will grow and change.



Coping Skills Toolbox Series – Music

Sometimes when you are grieving, words aren't enough. They are inadequate to express the true depth and breadth of your experience. At these times, it can help to have alternative forms of expression. Music is one medium through which we can express those things that get stuck inside. Music hits us differently – it causes us to feel deeply. It can make us laugh, make us cry, and inspire us to dream of something better. For grieving people, it can help you hit the release valve on the grief that gets built up inside of you. This is one of the reasons many of our clients tell us that it is hard for them to go to church now.

Remember that it's ok to cry and to be affected. Music is supposed to affect you. Consider listening to some music that makes you think of your loved one – hold them in your heart at that moment and allow yourself to feel what you feel. At Camp Good Grief, we often play different types of music and tell the campers to dance how they feel. Try it for yourself – it's very freeing.



Be the Good in Grief – Art of Caring

Art of Caring has been our signature fundraiser since the very first Camp Good Grief in 1999. We love this event because we care deeply about our campers, our clients, and our community. Grief is real. Grief is BIG. Grief is better shared. We know this, and we know how important it is for our community to have a safe space to explore all the emotions and feelings after the death of a loved one. We are blessed to be able to continue to hold space for all who need it.

Our services and programs are available to anyone in the Mid-South because of donations, grants, and fundraisers. Art of Caring is a wonderful opportunity to share Baptist Centers for Good Grief with others. Your support of this event and other fundraisers makes our work possible.



This year, we are offering a special opportunity for you to join us as a Yellow Balloon Sponsor. You can honor someone special or remember your loved one with a \$500 gift. You will receive two tickets to our Art of Caring celebration on Friday, April 29, and there will be a special feature at the event commemorating your loved one.

You can view and bid on auction items online, drop by and check out our gallery of auction items throughout the week, and buy a ticket to join us for the big event on Friday, April 29!



Visit www.baptistartofcaring.org for all the details, or reach out to Melissa.surles@bmhcc.org if you have any questions.

Be the Good in Grief – Miles 4 Milla’s House

Milla’s House, our Midtown Memphis location named in memory of Milla Gieselmann, opened in 2017. Milla’s House allowed us to expand access to our comprehensive grief services and programs.

Miles 4 Milla’s House is an annual event that was created by Milla’s parents and very good friends to help fund Milla’s House and to continue our mission of providing free grief support to our community.

The 6th annual Miles 4 Milla’s House is Saturday, May 21 at Wiseacre Brewery.

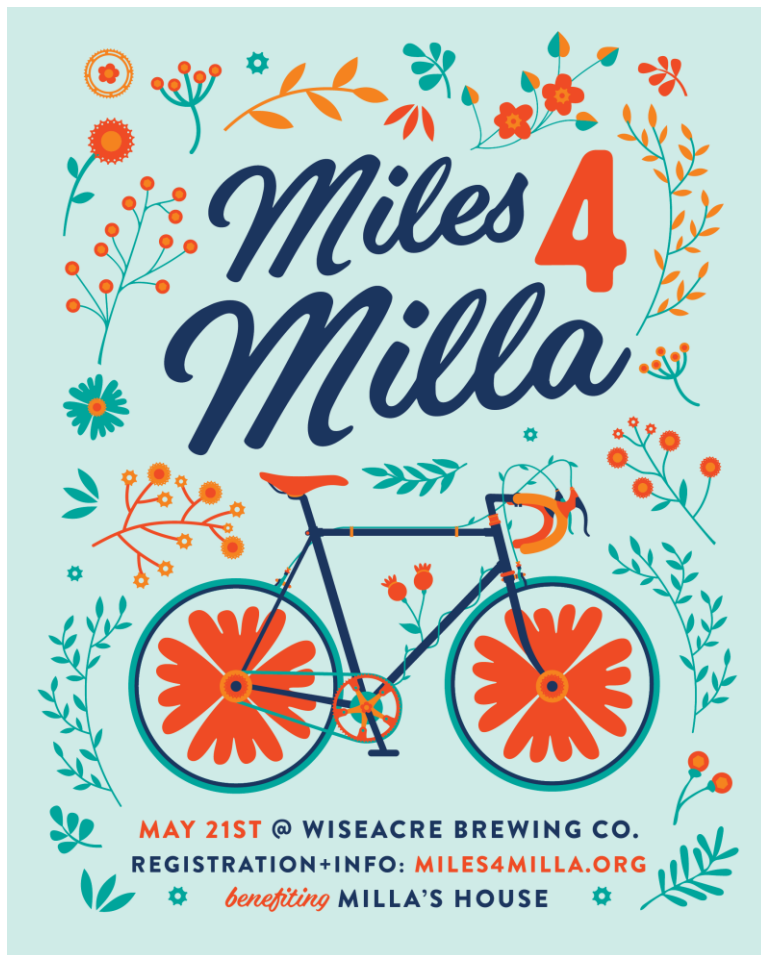
Miles 4 Milla’s House is a family-friendly event.

There are three options to participate in this event: there is a 40-mile ride; a 6-mile family fun ride; and a post-ride celebration. Participants can enjoy food, music, and, of course, the softest t-shirt in town.

Register at www.miles4milla.org . The cost is \$25 per person, and this covers your registration, t-shirt and food.

As always, you can like, comment, and share our messages on social media. Follow along on Facebook at *Baptist Centers for Good Grief – Kemmons Wilson Family Ctr & Milla’s House* and *NEA Baptist Center for Good Grief*.

Be the good in grief today: scan the QR code, visit <https://baptistgriefcenters.org/give/>, or call 901-227-7123 to make a gift!



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Dates to Remember: Grief Support Groups

Adult Grief Groups

Monthly Groups

Homicide Grief Support Group– monthly virtual support group - April 19, May 17 & June 21 from 5:00 – 6:30pm

Alcohol or Drug Related Death Support Group– monthly virtual support group May 10 & June 14 from 5:00 – 6:30pm

Pregnancy & Infant Loss Support Group– monthly virtual support group May 24 & June 28 from 5:00 – 6:30pm

Suicide Loss Support Group– monthly virtual support group May 19, June 16 & July 21 from 4:00 – 5:30pm

Series Groups

6 week Grief Group- weekly group for grieving adults – May 3, 10, 17, 24, 31 & June 7 from 4:00-5:30pm

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Teen Groups

Teen Support Group– monthly in-person support group

April 12, May 10 & June 14 from 5:30-7:00pm

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Grief Bible Study –May 5, 12, 19, 26, June 2, 16 & 23 from 10:30-12:00pm

Spirituality is an important part of each person's grief journey. During this 7-week study together, we will be creating a safe and sacred space for group members to engage in spiritual reflection as it relates to your grief. Each week introduces fresh topics that will allow you to explore the depths of grief and suffering through spiritual lenses using the book *Suffering* by Paul David Tripp.

During this group, you will be given the opportunity to share your own unique experience, as well as engage in meaningful activities that will help foster growth, development, and spiritual connectedness, as we explore our spirituality and grief in an ecumenical/non-denominational environment.

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Dates to Remember: Kaleidoscope Series

Educational and supportive virtual grief seminars provided by grief counselors for grieving adults.

**April: Coping with Anger in Grief –
April 19 from 4:00-5:30pm**

**May: The Importance of Self-Care
in Grief – May 10 from 9:00-
10:30am**

**June: Parenting While Grieving –
June 23 from 12:00-1:30pm**

Registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719



Take Five!

Here are five resources to help you along your journey:

1. *Healing Your Grieving Heart for Teens* by Alan Wolfelt
2. “How to Help a Grieving Teen” - <https://www.dougy.org/resource-articles/how-to-help-a-grieving-teen>
3. *Teenage Grief Sucks* – <https://www.teenagegriefsucks.com/>
4. “The Surprising Ways Music Benefits Your Brain and Body” - www.betterup.com/blog/benefits-of-music
5. “Helping a Teenager Deal with Grief” – <https://whatsyourgrief.com/helping-a-teenager-deal-with-grief-2/>



The Next Step

Your Grief Playlist

Create a playlist that you can listen to daily for a while. Include music that makes you feel happy, sad, angry, indifferent, or bored, as well as songs that are just guilty pleasures. Allow it to tap into your grief but also to take you away from it.



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