

See the Good in Grief

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Good Grief!

Hello,

Another year has come to a close. We make it a habit at the Baptist Centers for Good Grief to try to count our blessings with each transition season to season, year to year. We are beyond excited that the completion of Dorothy's Cottage expansion project is within sight. For those of you who may not know, Dorothy's Cottage will contain a large group space as well as additional counseling rooms, and it will be located next to the Kemmons Wilson Family Center for Good Grief in Collierville. We will be hosting an open house in April 2023, and all are welcome to come and see the new space!

Over the past few years, we have seen a dramatic increase in the demand for our services. Dorothy's Cottage is such a welcome addition to our centers because it will allow us to continue to meet the needs of our community through the provision of skilled bereavement services. We are truly blessed and grateful to be able to do this work.

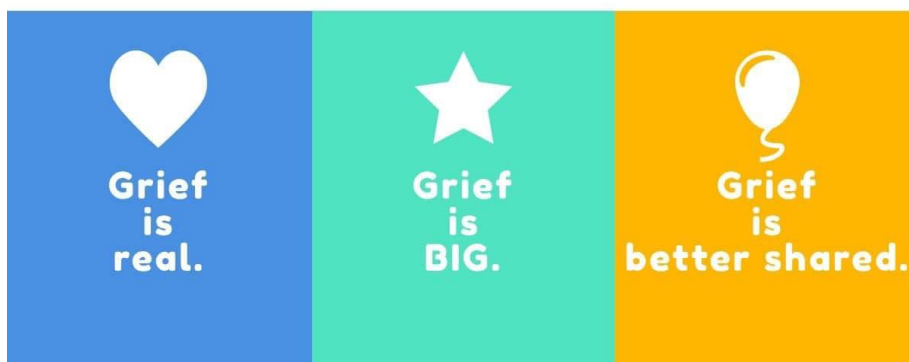
Follow us on Facebook for the latest updates at *Baptist Centers for Good Grief – Kemmons Wilson Family Ctr & Milla's House and NEA Baptist Center for Good Grief.*

Sincerely,

Angela Hamblen Kelly, LCSW
Administrator

& Lauren Strini, LPC/MHSP
Clinical Director

Baptist Centers for Good Grief



New Year, New Normal

A lot of grievors really hate the sentiment of the “new normal.” It’s all right if you feel that way too. The bottom line is that this is not the normal that you want, it’s not the normal that you asked for. You would prefer the “old” normal. But with all grief comes the need to work on accepting the reality of the situation. Your old normal is no longer an option. It is right and appropriate that you grieve for your old life, but you may not have it back.

So what now then? People might ask you about this “new normal.” Have you reached it? How are you doing? Do you have plans in the New Year? Are you ready to “move on” (whatever that means)? You are always free to respond to them as you see fit. You may also consider these questions for yourself. Your life looks different now, and you may find yourself thinking about how you want it to look. The “new normal” might be that you stay up late, get up early and take a nap. It might be that you commit to make a date with good friends once a week that you try really hard to keep. It may be that you try to take a walk every day. It may be that you need something simpler, like being sure you remember to eat. The “new normal” is not actually a destination – it’s a process of rebirth. It’s a process, and it’s ok not to have everything figured out just yet. Hang in there.



Coping Skills Toolbox Series – Harness Your Creativity

Harnessing your creativity is often a wildly unpopular coping skill among those with (what they perceive to be) little creativity. Even some very highly creative people may avoid this suggestion. Why is this? It might be because we have a tendency as humans to make creativity about the product and not the process. In some ways we have the same faulty views about grief – it's about “getting over it,” “finishing it,” when in reality it's about going through the process. Even highly creative individuals sometimes have a hard time letting go of being able to see the end result and just allowing their creativity to take its course. As counselors, we sometimes have to push people pretty hard to try this, and in doing so, we have witnessed some incredibly powerful process work and absolutely amazing end results.

Over time we've worked with clients who paint, write, quilt, scrapbook, color, do mazes, draw, sculpt, craft and countless other activities. We would encourage you to consider what method speaks to you (or at least doesn't cause you major anxiety) and give it a try. Instead of focusing on the end result of what you are doing, be mindful of your grief feelings and reactions during the process of creation itself. That is what is important. Your end result might be a misshapen ball of clay, but if you put your anger, sadness, regrets and tears into it, it will be a physical representation of your grief that you then control. There is power in that process. It will be worth your efforts.



Be the Good in Grief

Reminders about grief may seem unnecessary, but we think our tagline is a mantra worth remembering and repeating every day. Grief is real. Grief is BIG. Grief is better shared. We see just how real and how BIG grief can be for you and many in our community. We also know that sharing grief in a safe space can help tremendously.

When we began in 1999 as an annual grief camp for children, we had no idea how the need and demand for our services would exponentially grow with each passing year. Our commitment to meet the needs of the Mid-South never stops, and while we are immensely proud of the progress we made with you in 2022, we are also looking forward to some exciting plans for 2023. We provide more than 6,000 individual grief counseling sessions per year, and with our expansion to be completed in 2023, we will be able to serve more people in a variety of new ways.

We are honored to walk beside children, teens, and adults grieving the loss of a special person, and we cannot embark on this journey without the financial resources we receive from individuals, businesses, and foundations. We need your support this year.

Whether you like to make resolutions or not, a new year presents us with new opportunities to give back, and, as we like to call it, to “pay it forward.” In honor of the New Year, you can be the good in grief. Would you partner with us by making a monthly donation of \$23 this year?

Every dollar directly supports our Baptist Centers for Good Grief programs and resources, which are available to anyone in our community grieving the loss of a special person.

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



Save The Date:

On January 7, all three local CycleBar locations will be hosting “Get Going for Grief” to benefit the Baptist Centers for Good Grief. This will be a two-hour ride for teams of four—open to anyone who wants to attend! Each team member will ride for 30 minutes. Registration for a team of four is \$100, or you can register individually for \$25 and be placed on a team. Bikes will have signs with team names. Each team will have the opportunity to fundraise using the JustGiving platform. There will be drawings for prizes at different levels based on the amount fundraised by the teams. Register at www.Bmhgiving.org/GetGoing.



Join Baptist Centers for Good Grief in celebrating their 25th anniversary of serving the Mid-South with free grief care.

\$10 from each ticket sold through this exclusive link offer will be donated to the Baptist Centers for Good Grief.

Visit <https://grizzlies.spinzo.com/memphis-grizzlies-vs-denver-nuggets-2023-02-25-TGVUB?group=baptist-grief-centers-pe5v&affiliate=baptist-grief-ueeg> and purchase tickets for the February 25 Memphis Grizzlies game!

Stay tuned for more exciting opportunities if you join us for the game!

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*.

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Dates to Remember: Grief Support Groups

Adult Grief Groups

Monthly Groups

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Monthly virtual support group:

- **Homicide Grief Support Group**
January 17 & February 21 from 5:00 – 6:00pm
- **Alcohol or Drug-Related Death Support Group**
February 7 from 4:00 – 5:00pm

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Series Groups

In-person Spouse Loss Groups: Memphis & Jonesboro locations

Memphis: February 1, 8, 15, 22, March 1 & 8 from 4-5pm

Jonesboro: February 1, 8, 15, 22, March 1 & 8 from 10:30-11:30am

Virtual Group:

6-week Grief Group- weekly virtual group for grieving adults –February 6, 13, 20, 27, March 6 & 13 from 4:00 – 5:00pm



Dates to Remember: Kaleidoscope Series

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

Virtual:

January 26 – Self-Care & Grief –12:00 – 1:30pm

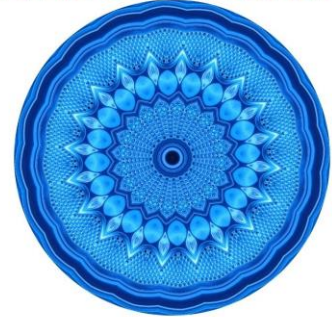
February 23 – Enneagram & Grief – 5:30-7:00pm

Screening and registration required:

TN/MS call 901-861-5656

AR/MO call 870-936-7719

KALEIDOSCOPE SERIES



GRIEF SUPPORT SEMINARS

Take Five!

Here are five resources to help you along your journey.

1. “Winter is Coming: 64 Tips for Grieving Through the Winter Blues” – *What’s Your Grief* – <https://whatsyourgrief.com/64-tips-for-grieving-through-the-winter-blues/>
2. “Grief in the New Year: 6 Mindful Tips to Cope” – <https://mindfulnessandgrief.com/manage-grief-in-the-new-year/>
3. “Seasonal Grief: How to Support Young People Processing a Loss this Winter” – <https://jedfoundation.org/news-views/seasonal-grief-how-to-support-young-people-processing-a-loss-this-winter/>
4. *Grief Out Loud: Teens Talk about Loss* – <https://vimeo.com/174545345>
5. *Grief One Day at a Time: 365 Meditations to Help You Heal After Loss* – Alan Wolfelt



Podcast & YouTube Channel

Tune in to our podcast, *Grief is... Real. Big. Better shared.* There you will hear brave people sharing their grief in order to work toward healing and to support one another. You can find our podcast wherever you get your podcasts. We also have a YouTube channel, *Baptist Centers for Good Grief.* Here you can find a variety of “Coping Skills Toolbox” segments, which offer practical tips for coping with grief.



The Next Step

Use some sort of color media - crayons, pastels, paint, colored pencils etc. Select a color for each emotion or reaction that you experience regularly. It is entirely up to you what color you assign to each reaction. Create some sort of visual image that is representative of your grief. It does not have to have specific form, it does not have to be “well done.” It is intended to be expressive only.



 **BAPTIST** | **CENTERS FOR GOOD GRIEF**

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