

# See the Good in Grief

ISSUE #036 APRIL 2023



**Come to Our Open House!**

**Saturday, April 15, 10 a.m. – 12 p.m.**  
**Dorothy's Cottage**  
Adjacent to the Kemmons Wilson Family Center for Good Grief  
1520 W. Poplar Ave., Collierville, TN 38107  
Tour Dorothy's Cottage • Meet the staff • Learn about our history and services • Enjoy refreshments

Join us for an open house and tour of Dorothy's Cottage, the new 4,100-square-foot expansion of Baptist Centers for Good Grief. Dorothy's Cottage was made possible by a generous grant from Kemmons Wilson Family Foundation and our generous donors.

No RSVP necessary. For more information, call 901-861-5656 or email [baptistgoodgrief@bmhcc.org](mailto:baptistgoodgrief@bmhcc.org).

Visit [baptistgriefcenters.org](http://baptistgriefcenters.org) to learn more about Baptist Centers for Good Grief.

 **BAPTIST** | CENTERS FOR GOOD GRIEF

**Good Grief!**  
It's finally time to celebrate the opening of Dorothy's Cottage. We will host a Community Open House on April 15. It's hard to believe that what began as a little idea has grown into something so big and beautiful. We can't wait to get started with all of the plans that we have for this new space. We have so much gratitude for all of our generous donors who have helped to make this dream a reality!

## Grief and Your Family System

People often think about grief in terms of the various individual reactions to it. As we have discussed, people can experience a number of emotional, cognitive, physical, spiritual, and behavioral responses to the loss of a loved one. Another aspect of the grief experience that is important to consider is the collective grief of the family system. This collective grief presents its own challenges and opportunities. Families may struggle with all of the changes associated with their loss, and individuals within the family may find it difficult to witness their family members' pain. We also are able to see families come together in the wake of their losses, to find new ways of coping, and to thrive.

In working to understand a family's collective grief, it must be acknowledged that a vital part of the family system is gone. Often this is a major disruption to the balance of the system. Suddenly, people may not feel comfortable in the roles that they have always played. The "good son or daughter" may struggle to support her remaining parent. The "peacemaker" may give up on making peace and create conflict due to their own emotional struggles. The "responsible parent," fraught with confusion and disorganization, may appear unrecognizable to the children. Some family members may also find themselves taking on new and unfamiliar roles, such as managing the household/finances or caring for children. Recognizing that these are common and normal reactions to grief is useful. Finding ways to navigate these changes necessitates open communication, which does not always feel comfortable.

Also bear in mind that children and teens are always learning. This is an opportunity for parents to model appropriate grief and coping to their children/teens. It is all right for them to know that you are grieving - sometimes you are overwhelmed, cry, or feel angry. This normalizes that they sometimes feel this way also. The goal here is not to share everything with your children, which would be overwhelming for them, but merely to give them insight into some of your grief so they can better understand their own.



# Grief and Your Family System continued

Consider some of these questions in family discussion:  
Have you been able to talk about the loss with your family members?  
How has it felt when you have done this?  
Is there something in particular that helps you cope when you are struggling?  
Is there anything you might need from other family members to help you?  
What are you feeling right now?  
Is there a particular time of day that is most difficult for you?  
Do you have questions about the death that you need answered?  
Are you struggling with any guilt, blame, or regret?



Spend some time actively mourning as a family. Arrange to have some dedicated time as a family to discuss your grief – where each of you are in your process, what you might need from your family members, and how you might support each other. This activity can be done with any and all types of families. It does not matter if you have children who are grown or children/teens who are not. This is often a missing piece for families – once the loss happens, everyone tries to grieve in their own “silos.” Here are some potential resources and topics for conversation:

- 1.The stupid/inappropriate things that people have said to me in my grief.
- 2.How I feel our family has changed (for the better or for the worse – all feelings are all right)
- 3.The things I feel worried about
- 4.My favorite memory with my person



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!



## Dates to Remember

### Adult Grief Groups

Homicide Grief Support Group - virtual

April 18 from 5:00-6:00pm

May 16 from 5:00-6:00pm

### Alcohol or Drug-Related Death Support Group - virtual

April 5 from 4:00-5:00pm

May 2 from 4:00-5:00pm

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

### Spiritual Book Study: Dorothy’s Cottage/Hybrid Option:

May 9, 16, 23, 30, June 5, 13 & 20. 10:30am-12pm. Call to register.

Spirituality is an important part of each person’s grief journey. 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.

### Walking With Your Grief

Join us for a time to walk, reflect, and share.

Fridays: April 28, May 5, 12, 19 & 26 from 10:30-12:00pm.

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

# 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. Come support the Baptist Centers for Good Grief while seeing amazing work by local artists. You can view and bid on auction items online and buy a ticket to join us for the big event on Thursday, April 20! It will be a fun night of music, art, food, and a photo booth! Scan the QR code below, visit [www.baptistartofcaring.org](http://www.baptistartofcaring.org) for the details, or reach out to [Laura.Cantrell@bmhcc.org](mailto:Laura.Cantrell@bmhcc.org) if you have any questions.



## 25-Mile Dog Walking Challenge with Buddy!

Mark your calendars and get ready to do some walking with your furry friends! The Baptist Centers for Good Grief will be celebrating 25 years of serving the community. With the help of our new therapy dog, Buddy, there will be a virtual 25-Mile Dog Walking challenge in the month of May to benefit the Centers. Participants are invited to walk to support this great cause for the entire month and share their progress on social media. More details to come!



## Kendra Gives Back

Kendra Scott is hosting "Kendra Gives Back" weekend benefitting the Kemmons Wilson Family Center for Good Grief. The event will be May 5-7 online and May 6 from noon-3pm in stores. A portion of proceeds will be given back to the Center. Come see us May 6 and grab a yummy treat while picking up some great jewelry, or you can shop with us online! Link to be provided for online shopping closer to that weekend!

## Miles 4 Milla's House

Milla's House, our Midtown Memphis location named in memory of Milla Gieselmann, opened in 2017, allowing us to expand access to our comprehensive grief services and programs. Miles 4 Milla's House is the signature bike race 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 7th annual Miles 4 Milla's House is Saturday, May 20 at Wiseacre Brewery. Miles 4 Milla's House is a family-friendly event. There are four options to participate in this event: there is a 40-mile ride, a 20-mile ride, a 5-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](http://www.miles4milla.org). The cost is \$35 per adult and \$25 per child, and this covers your registration, t-shirt, and food.



## Share the Love 5k

It's official! The first annual Share the Love 5k in memory of Collins Leach will be October 14! Following the 5k will be a Family Reunion for all families who have received services at the Baptist Centers for Good Grief. We are so excited to bring this event back! It will be super fun day with bounce houses, games, food trucks, and even the 901 Goats! More details on registration to come!



## Buddy Graduated

Meet Buddy, the new therapy dog for the Baptist Centers for Good Grief! He just graduated from Dog Woods Training Center. He will serve as a greeter at Dorothy's Cottage and assist with the grief groups for children and teens. We're so proud! Congrats, Buddy, on passing the American Kennel Club Canine Good Citizen Program!



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.



Call us at  
901-861-5656 for more  
information on upcoming  
groups and camps for  
children and teens.

 **BAPTIST** | CENTERS FOR  
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**KEMMONS WILSON FAMILY  
CENTER FOR GOOD GRIEF**  
1520 W. Poplar Ave.  
Collierville, TN 38017

**MILLA'S HOUSE**  
326 Ellsworth  
Memphis, TN 38111

**NEA BAPTIST  
CENTER FOR GOOD GRIEF**  
1717 Executive Square  
Jonesboro, AR 72401

[baptistgriefcenters.org](http://baptistgriefcenters.org)