

See the Good in Grief

ISSUE #038 JUNE 2023



Good Grief!

Things continue to heat up here in the Mid-South, both with the weather and with our programming at the Baptist Centers for Good Grief. We are so excited about our upcoming Camp Good Grief in June! At camp, grieving children develop ways of coping with their grief through expressive activities, small group discussions, and remembrance. They do this in a safe and supportive environment that, very importantly, allows them to also have fun.

As we often do this time of year, we acknowledge Father's Day for all grievers. For those of you who are grieving the loss of a father on that day, we see you and honor your pain. For those of you who are fathers and grieving the loss of a child, we see you and honor your pain. For those of you who cannot be fathers despite wanting to, we see you and honor your pain. For those of you who are celebrating this day without your father, we see you and honor your pain. Our thoughts and compassion go with you this month.

Sincerely,

Angela Hamblen Kelly, LCSW
Administrator

&

Lauren Strini, LPC/MHSP
Clinical Director

Baptist Centers for Good Grief



Grief
is
real.



Grief
is
BIG.



Grief
is
better shared.

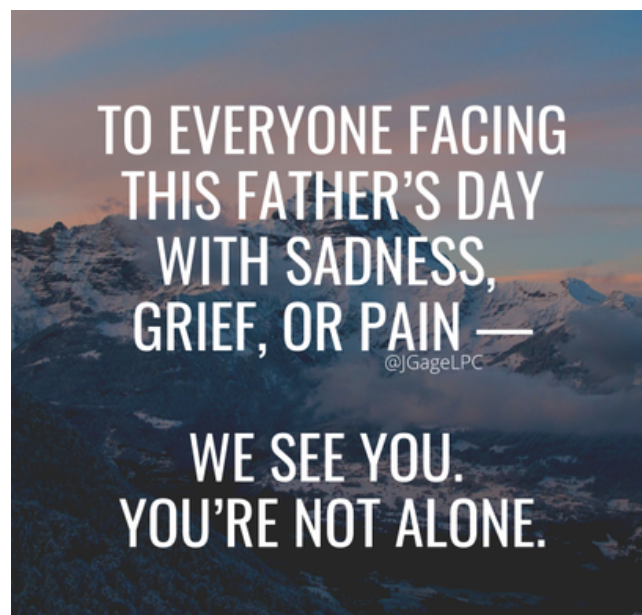
Grief and Father's Day

Last month in the discussion of Mother's Day, we addressed the shifting perspectives and relationships that define grieving on a day of recognition. Much of the same wisdom applies to Father's Day. Here, we would like to look at a few different ways to honor our grief and survive the day.

For the child or teen grieving the loss of their dad on Father's Day, the best rule is to talk with the child or teen about what they might want. Often their adults are surprised to learn that they have strong thoughts and feelings about what they want or do not want for that day. Some children want to visit the graveside, some want to make cards, some want to spend the day with friends rather than family. It is all right to honor the wishes of the child or teen while balancing your own needs the best you can.

For the adult grieving the loss of their father, do not be surprised if your pain feels somewhat acute on this day. The nature of the relationship is parental and (similar to relationships with moms) one of protection and nurturing care. These are the days when we miss and need our parents the most. It is all right to acknowledge your pain by talking about it. It is also all right to do what is needed to survive, even if that means not openly acknowledging the day.

For a father grieving the loss of a child on Father's Day, this is just so painful. Often these losses are swept under the rug by others who don't know what to say or do. Instead of recognizing that these men are in need of support, people ignore one of the most uncomfortable of losses, one that goes outside of the natural order. Instead, we should let these men know that we understand that this is a hard day, whether they have other children or not. A grieving father will be thinking about his deceased child, whether a stillborn baby or an adult. We know that it is okay for him to grieve openly or privately, whatever he thinks he can manage. We will sit with him as he cries or sit with him in silence or sit with him in joy – all of the feelings are ok. Let's be as compassionate and present with our grieving fathers as we feel naturally drawn to be with our grieving mothers.



Dates to Remember

Adult Grief Groups - Monthly

Homicide Grief Support Group - virtual

June 20 from 5:00-6:00pm

July 18 from 4:00-5:00pm



Alcohol or Drug-Related Death Support Group - virtual

June 6 from 4:00-5:00pm

July 11 from 4:00-5:00pm

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Series Adult Grief Support Groups

6 Week Grief Support Group: Dorothy's Cottage

June 5, 12, 19, 26, July 3 & 10 from 4:00-5:00pm

Grieving a Suicide Death Grief Support Group: Virtual

June 22, 29, July 6, 13, 20 & 27 from 4:00-5:00pm

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719



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

Active Mourning – Remembering Special Men at Father’s Day

As with Mother’s Day, this day of recognition can look a little different for all different types of grieving individuals. The key continues to be some form of acknowledgement. The grieving are uniquely suited to recognize the need for gratitude. This does not (of course) negate their grief – i.e. just be grateful and you won’t need to be sad or cry anymore. Rather, because of the acute awareness that life is short, the griever can often see and feel their gratitude in a very deep way.

For the suggested activity for active mourning this month, consider writing notes of gratitude to the important men in your lives (whether they are grieving men or not). Express to them just what they mean to you and why. It will be good for them and you to openly express what you think and feel.

Grieving Dads: To the Brink and Back by Kelly Farley (also see grievingdads.com)

“Grieving on Father’s Day: What You Should Know and How You Can Help” –

<https://childrensroom.org/grieving-on-fathers-day>.

“Surviving Father’s Day Grief: When Sadness Meets Storytelling” –

<https://whatsyourgrief.com/fathers-day-grief-storytelling/>

KALEIDOSCOPE SERIES



GRIEF SUPPORT SEMINARS

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

Virtual Seminars:

Loneliness & Grief

June 19 from 4:00-5:30pm

Anger & Grief

July 17 from 4:00-5:30pm

Hybrid - Dorothy's Cottage or virtual:

Learning to Communicate While Grieving

August 28 from 4:00-5:30pm

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Be the Good in Grief

As we head into the month of June, we're reminded of the beauty and growth that can come from even the toughest of experiences. Just as the flowers bloom and the Earth continues to spin, we too can find hope and resilience in the midst of grief.

At the Baptist Centers for Good Grief, we're here to provide a safe and supportive space for you to navigate your grief journey. Whether you need counseling, support groups, or access to grief resources, our team is dedicated to helping you heal and find a way forward.

As we continue to offer our programs and services free of charge, we rely on the support of our community to keep our mission going strong. Your generosity allows us to be there for those who need us most during their time of loss.

We invite you to consider making a gift to support our work. Together, we can help others find the hope and healing they need to move forward in their grief journey. Thank you for being a part of our community.

Can you make a \$25 gift today to support the important work we do each day at our Baptist Centers for Good Grief? 100% of your dollars are used to support the programming, counseling, and grief resources we share with anyone in our community who has lost a loved one.

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.



HELLO
Summer

**Would you consider remembering your loved one
this June with a special gift of \$25?
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.**

Save the Date

Painting with a Purpose benefitting Milla's House!

Join us on August 3 from 7-9 pm at Painting with a Twist in Germantown. A portion of proceeds will go to Milla's House to help fund counseling services at our Midtown location. More details to come!

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 a super fun day with bounce houses, games, food trucks, and even the 901 Goats! More details on registration to come!

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!





EPISODE #16

I'M GRIEVING. WHAT DO I DO NOW?

podcast by
Baptist Centers for Good Grief



PODCAST #17

Available NOW



Baptist Centers for Good Grief

Ways to connect to our resources



Our website -
www.baptistgriefcenters.org
Here you will find a helpful FAQ section, and so much more.

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.



Follow us on Facebook at Baptist Centers for Good Grief - Kemmons Wilson Family Ctr & Milla's House and NEA Baptist Center for Good Grief.



Follow us on Instagram @centersforgoodgrief and @neabaptist_centerforgoodgrief

 **BAPTIST** | CENTERS FOR GOOD GRIEF

baptistgriefcenters.org

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