

See the Good in Grief

ISSUE #041 SEPTEMBER 2023



Good Grief!

The summer just flew by, and now we are starting to think about fall and even the holiday time. But we don't want to get ahead of ourselves. This month we take a dive into the land of "back to school." All of those social media posts are flooding the feed with pictures of children holding a sign that says "I'm starting 4th grade today." At first glance, all of this looks pretty benign. It is intended to be so, just another transition time in the life of a family. Nothing is so constant as change.

For our grieving families though, we need to remember that this transition time might be more difficult for them than it appears. Grieving parents might not have a child returning to school because their child is gone. So those pictures remind them of the pain that is never far from their minds. Grieving children might struggle to return to a routine that they last had when both parents or a grandparent was living. Something feels off, not quite normal, for them as well. Does this mean that we should not celebrate our milestones because they cannot share theirs? Of course not. But we should try to be sensitive and compassionate to the griever in our lives, knowing that this time might feel challenging for them.

The Baptist Centers for Good Grief provides support during "back to school" and other special (and not-so-special) times. Check out our Facebook page for information on grief in all its various shapes and forms, tips for coping for adults, teens and children, and updates on available services. Don't forget to tune into our podcast "Grief is...Real...Big...Better Shared" for more in-depth discussion and information on such topics as "Spirituality and Grief" and "Holiday Angst".

Sincerely,

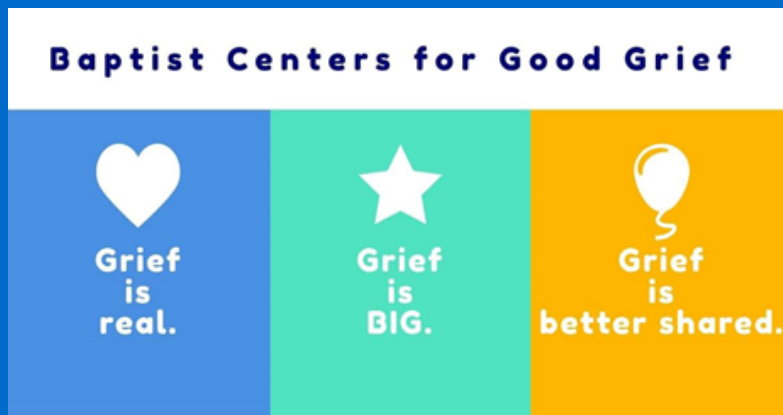
Angela Hamblen Kelly, LCSW

Administrator

&

Lauren Strini, LPC/MHSP

Clinical Director



Dates to Remember

Series Adult Grief Support Groups



Homicide 6 week Grief Support Group: Milla's House

September 11, 18, 25, October 9, 16 & 23 from 4:00-5:00pm

6 Week Grief Support Group: Milla's House

October 5, 12, 19, 26, November 2 & 9 from 4:00-5:00pm

6 Week Grief Support Group: NEA Center for Good Grief

October 5, 12, 19, 26, November 2 & 9 from 4:00-5:00pm

6 Week Grief Support Group: Dorothy's Cottage

October 17, 24, 31, November 7, 14 & 21 from 11:30-12:30pm

Registration required.

TN/MS call 901-861-5656

AR/MO call 870-936-7719

Coping With Grief During the Holidays - A workshop to help grieving adults prepare for the holidays. Grief education and practical tips to help you cope will be explored.

NEA Center for Good Grief:

November 9 from 10-11:30 am

November 9 from 3:330-5pm

Dorothy's Cottage:

November 1 from 4-6pm

November 8 from 12-2pm

Milla's House:

November 6 from 4-6pm

November 7 from 12-2pm

Virtual via Microsoft TEAMS:

November 7 from 5:30-7:30pm

November 9 9-11am

Registration required.

TN/MS call 901-861-5656

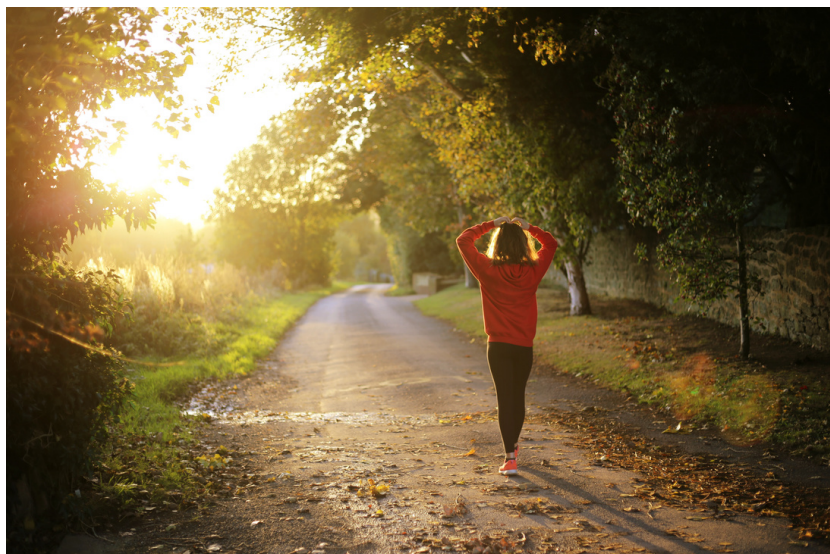
AR/MO call 870-936-7719



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

Active Mourning

- Go for a walk and take 10 minutes of that walk to focus on how your grief is affected this time of year. Reflect on that gently without judgement. Feel free to write down your reactions and/or discuss them with a trusted support person.
- See our Facebook page for things to remember as you prepare your child to go back to school after the death of a loved one
- <https://www.psychologytoday.com/us/blog/supporting-children-through-crisis-and-loss/201809/supporting-grieving-kids-through-back-school>
[Back_to_School_with_Grief.pdf \(dougy.org\)](#)
- <https://www.psychologytoday.com/us/blog/supporting-children-through-crisis-and-loss/201809/supporting-grieving-kids-through-back-school>
- <https://ourheartsofhope.org/back-to-school-grief-for-parents/>



KALEIDOSCOPE SERIES



GRIEF SUPPORT SEMINARS

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

[Dorothy's Cottage:](#)

Finding a New Normal
September 25 from 4:00-5:30pm

[Hybrid - Dorothy's Cottage or virtual:](#)

Grief & Anxiety
October 26 from 4:00-5:30pm

Registration required.
TN/MS call 901-861-5656
AR/MO call 870-936-7719



SHARE THE LOVE 5k



in memory of Collins Leach
benefiting Camp Good Grief

**JOIN US ON
OCTOBER 14!**

8:30 Alston
Construction Family
Run
9:00 5k
9:00-12:00 Festival

For more information
and to register:

Presented by



 **BAPTIST** | MEMORIAL HEALTH CARE
FOUNDATION

 **alston**
CONSTRUCTION

Be the Good in Grief



As we step into fall, a time of change and transition, we're reminded of the strength that comes from embracing new seasons. Just like the leaves around us, our journeys through grief evolve too.

Would you consider joining us in making a difference?

With just \$25, you can be a part of our mission to provide support groups, individual counseling, and workshops for children, teens, and adults in the Mid-South.

Scan the QR code or visit baptistgriefcenters.org/give/ to donate.



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!

Be the Good in Grief

Artists' Call

Are you or someone you know an artist that would love to donate a piece to the 25th annual Art of Caring?

Join us for an artists' event on January 18 at Dorothy's Cottage.

Artists will get to hear about the Baptist Centers for Good Grief and the impact the Centers have on the community. For more information, contact Laura Cantrell at (901) 227-7002 or Laura.Cantrell@bmhcc.org.



Get Going for Grief

Save the date for the 2nd annual Get Going for Grief!

On January 6, come try out CycleBar in Germantown and ride for a great cause!

All proceeds will go towards providing free grief counseling to children, teens, and adults in the Mid-South. More info coming soon!





NEW EPISODE

AVAILABLE WHEREVER YOU GET YOUR PODCAST



EPISODE #21
GRIEF & SPIRITUALITY

1:49 4:10




PODCAST #22

Available NOW



**Emotional Responses
of Grief**
Episode 22

1:29 25:00

EPISODE #23

I FEEL LIKE I'VE LOST MY MIND

podcast by
Baptist Centers for Good Grief

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



baptistgriefcenters.org

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1520 W. Poplar Ave.
Collierville, TN 38017

MILLA'S HOUSE
326 Ellsworth
Memphis, TN 38111

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Jonesboro, AR 72401