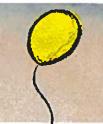
## See the Good in Gief



### **Upcoming Events**





Join us for the 2nd annual Share the Love 5k and Family Festival

We are excited to invite you to the 2nd annual Share the Love 5k and Family Festival in memory of Collins Leach. This special event will take place on September 21 at the Kemmons Wilson Family Center for Good Grief. The day will feature a 5k run, family-friendly games, and opportunities to connect with others who have experienced loss.

All proceeds from the event will benefit Camp Good Grief, but this event is more than just a fundraiser. It's a day of remembrance, community, and hope.

We encourage you to register early and bring your friends and family along. Your participation helps ensure that we can continue offering these vital services to those who need them most.

Register today and join us in sharing the love and supporting our community: https://sharethelove5k.raceroster.com/

If you or your business would like to sponsor this event, please contact Laura Cantrell at the Baptist Memorial Health Care Foundation at Laura.Cantrell@bmhcc.org.

Save the Date
Dorothy's Cottage
Holiday Memorial Tree
Lighting
November 21
5:30-6:30pm

Save the Date

NEA Center for Good Grief

Duck Classic

December 10 & 11

### **Dates to Remember**

#### <u>Virtual:</u>

### **Adult Grief Groups**

6 Week Grief Support Group
October 15, 22, 29, November 5, 12 & 19
from 4:00 - 5:30pm

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

#### Tennessee:

**Dorothy's Cottage:** 

6 Week Spouse Loss Group October 22, 29, November 5, 12, 19 & 26 from 10:30am - 12:00pm

### **Yoga for Grievers**

September 20, October 18, 25, November 1, 15, December 6 & 20 from 10:00-11:00am

Milla's House:

6 Week Grief Support Group November 4, 11, 18, 25, December 2 & 9 from 4:00 - 5:30pm

### <u>Arkansas</u>:

6 Week Grief Support Group October 15, 22, 29, November 5, 12 & 19 from 3:30 - 5:00pm

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





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

Virtual Seminars:

<u>Guilt & Grief</u> September 19 from 4:00-5:30pm

Journaling While Grieving October 22 from 10:00-11:30am

Finding a New Normal October 23 from 4:00-5:30pm

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.



# Kaleidoscope Seminar Series Coping with Grief During the Holidays

### An educational and supportive seminar for grieving adults.

### Dorothy's Cottage, 1520 West Poplar, Collierville

Monday, November 4 from 4-6pm Friday, November 8 from 1-3pm

### Milla's House, 326 Ellsworth, Memphis

Tuesday, November 5 from 4-6pm Thursday, November 7 from 10-12pm

### Virtual via Microsoft Teams:

Tuesday, November 5 from 9-11am Thursday, November 7 from 5:30-7:30pm

### NEA Center for Good Grief, at NEA Baptist Hospital 4800 E Johnson Ave, Jonesboro, AR 72401

Wednesday, November 13, 2024 10:00-12:00pm

> or 3:00-5:00pm

Free seminar. Provided by a grief counselor.

Registration required: TNMS call 901-861-5656 AR/MO call 870-936-7719

### 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.











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

**MILLA'S HOUSE** 326 Elisworth Memphis, TN 38111 baptistgriefcenters.org

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

### Be the Good in Grief





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!



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.*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 1) Baptist Centers for Good Grief - Kemmons Wilson Family Ctr & Milla's House and 2) NEA Baptist Center for Good Grief



Follow us on Instagram
@buddysgoodgrief
Buddy, our therapy dog, shares
about grief and coping.



CENTERS FOR

MILLA'S HOUSE 326 Ellsworth Memphis, TN 38111 baptistgriefcenters.org

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