

See the Good in Grief

ISSUE #044 SEPTEMBER 2024



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

Virtual:

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

Arkansas:

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



KALEIDOSCOPE SERIES



GRIEF SUPPORT SEMINARS

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

Virtual Seminars:

Guilt & Grief

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.



BAPTIST | CENTERS FOR GOOD GRIEF

baptistgriefcenters.org

**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

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!



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](https://www.instagram.com/buddysgoodgrief)
Buddy, our therapy dog, shares about grief and coping.



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