

## Answering Their Cries

After a parent suddenly died, the devastated family cried out to **GriefWorks** for help. When a young newlywed died in a tragic accident, the heart-broken family members asked our counselors for support. In recent months, individuals, families, workplaces, and schools have turned to **GriefWorks** after the death of a loved one through long illnesses, suicide, heart attacks, traumatic accidents, and violent crimes.

Death strikes in many forms and may be accompanied by pain, confusion, anger, fear, guilt, isolation, and relational stress. It also is often followed by financial hardships. Families may be burdened with medical and burial expenses, yet have diminished material resources. The death may have taken away not only their loved one, but also a significant source of income. Family members may also lose their own wages due to an extended leave of absence. The resulting financial stress often makes it even more difficult for the bereaved to receive help.

At **GriefWorks** we strive to respond to every call for support, regardless of an individual's or family's ability to pay for services. We want to come alongside to help mend their broken hearts and re-landscape their lives in the absence of their loved ones.

We cannot provide this support alone, however. Do you share our passion for providing comfort, coping tools, and hope for those who are grieving a loss? If so, we invite you to partner with **GriefWorks** in serving clients, regardless of their financial limitations. Will you please consider sponsoring a counseling session, a family huddle, or a school group?

Please visit <http://www.GriefWorks.org/support.html> for details and to give on-line, or send your tax-deductible donation to **GriefWorks**, P.O. Box 912, Auburn, WA 98071.



## Grief Tip

### Talk regularly with a friend.

Talking with another person about what you think and feel is one of the best things you can do for yourself. It helps relieve some of the pressure you may feel, it can give you a sense of perspective, and it keeps you in touch with others. Look for someone who's a good listener and a crying soul. Then speak what's on your mind and in your heart. If this feels one-sided, let that be okay for this period of your life. Chances are that the other person will find meaning in what they're doing by listening to you. And the time will come when you'll have the chance to be a good listener for someone else. You'll be a better listener then if you're a good talker now.

## Dahlias & Dessert



Join us on May 1st, from 6:30—8:00, for our Third Annual Dahlias and Dessert event. Enjoy dessert while longtime dahlia grower Mike Harbin will talk about types of dahlias, planting tips, summer care, and dividing and storing tubers.

Your \$20 donation includes dessert, coffee, and tea, information about growing dahlias, and two tubers to take home. To register, contact [debbie@GriefWorks.org](mailto:debbie@GriefWorks.org).

### GriefWorks

PO Box 912, Auburn, WA 98071-0912  
253-333-9420/800-850-9420  
[www.GriefWorks.org](http://www.GriefWorks.org)

## Upcoming...

### NCDE Winter Institute:

April 2-4, 2008

**GriefWorks** is pleased to partner with The National Center for Death Education to offer these professional workshops featuring internationally renowned experts. Continuing education credits will be available. For more info go to [www.mountida.edu/ncde](http://www.mountida.edu/ncde).

### Family Night Series

April 17, 24, May 8, 15, 22, 29; 6:15-8:15 p.m.

This six-week series offers grief education and support for all ages and can accommodate ten families. Dinner is provided. Cost for the entire family is \$90. Please register by April 1.

### Grief Talk Support Group

Evening Series—Tuesdays, April 1—May 6; 6:30-8 p.m.

Daytime Series -Tuesdays, May 6—June 10; 10:30 a.m.-12 p.m.

This is a six-week grief support group led by professional staff in a safe environment.

## Ongoing...

### Enumclaw Support Groups:

**GriefWorks** staff facilitate two support groups at the Enumclaw Public Library, 1700 1st St. There is no cost or pre-registration for these twice-monthly groups, which are sponsored by Enumclaw Regional Hospital. For information, call (360) 825-2505 or **GriefWorks** (800) 850-9420

### Grief Support Group:

First and third Wednesday of each month, 1-2:30 p.m.

### Caregivers Support Group:

First and third Thursday of each month, 1-2:30 p.m.





## Ask Dr. Bob

*Everything you wanted to know about loss  
but were afraid to ask*

Dear Dr. Bob,  
My mother died in August 2004 and I still feel down during springtime. Don't get me wrong—I get down at all times of the year—but there's something especially hard about springtime when we're all supposed to be so happy.

Thanks,  
T. in Graham

Dear T,  
Spring is the time of renewal. Our senses are bombarded with colors, sounds, and smells that tell us life is coming back. When you see happy faces, you may be thinking, "Those people obviously have much to be happy about, but here I am another year without my mother."

When we're down and the rest of the world looks "up," it's difficult to identify with the other side. Bereaved people often want to yell out to a cheery world, "*STOP! How can you be so happy? My loved one died.*"

When your mother was alive, I bet she enjoyed this time of year: the sun, sky, and beauty of nature. I bet she would want you to permit yourself, when you can, to grab bits and pieces of what spring has to offer you. You can still miss her, but you also can honor her memory by allowing your senses to breathe in the nature that surrounds you. Go outside and look at a tree or plant—take it all in from bottom to top. Perhaps say, "Hi, Mom. It's springtime. I'm taking this in for you—and for me, too."

Yes, any time of the year is tough because we want our loved one to be with us. But, it is important to remember that we are alive and that it's ok to allow ourselves to appreciate the gifts that surround us.

Take care,

Dr. Bob

*Bob Baugher, Ph.D., has taught for over 25 years and currently is a psychology professor at Highline Community College, where his classes include Death and Life. He has led numerous community and national bereavement workshops as well as written or co-authored several books, including "Coping with Traumatic Death: Homicide." To learn more about or to order his resources, visit [www.GriefWorks.org](http://www.GriefWorks.org).*

### OUR HISTORY

Having experienced personal losses, Nanette Flynn and Mel Erickson recognized the need for grief education and support in the community. Their vision and passion, combined with their extensive bereavement education and training, led to the incorporation of **GriefWorks** in November 1998. By July 1999, **GriefWorks** was designated by the Internal Revenue Service as a 501(c) 3 public charity.

Since its founding, **GriefWorks** has served over 9,000 children, teenagers, and adults in Pierce and South King counties and has become known as a trusted bereavement resource.

### MISSION

The mission of **GriefWorks** is to serve as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process.

### VISION

We envision a world where grieving people are supported in compassion and companionship as they journey through their unique loss experiences.

### VALUES

**GriefWorks'** governance, operations, and services are guided by five core values...

- Care
- Respect
- Compassion
- Safety
- Confidentiality

## Founder's Corner



**GriefWorks** has always been a product of teamwork. In August of 1998 the idea was born, and Nanette Flynn and I joined forces to make it happen. Within a month, five of us were looking at demographics and the needs of the bereaved in the community. Dr. Bob Baugher was an important part of that "dream team" as we crafted the **GriefWorks'** mission and settled on our scope of services.

Over the course of 10 years, Dr. Bob has faithfully contributed to the mission of **GriefWorks**. He rarely missed meetings, serving as secretary and president of the Board of Directors. He taught classes, facilitated groups, manned booths, cooked for the Family Night Series, and transported guest conference presenters. Dr. Bob participated in fundraisers, donated honorariums, and supported staff as a consultant, resource, and encourager. He referred clients to **GriefWorks** and donated his books. (Please visit [www.GriefWorks.org](http://www.GriefWorks.org) for a complete listing of Dr. Bob's books.)

Clearly, he has played an important role on our team. All good things must come to an end, however, so we now say good-bye to Dr. Bob as a board member. We are thankful, however that he continues to serve the bereaved in many ways, including through his "Ask Dr. Bob" column. We know he will continue to "cheer lead" our efforts to mend hearts and re-landscape lives, as well as to establish a full-service grief center. Thank you, Dr. Bob!

This is a good time to thank *all* of you who have been or are now part of our team! We appreciate you!

*Mel Erickson, along with Nanette Flynn, founded GriefWorks in 1998 as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process.*

### GriefWorks

PO Box 912, Auburn, WA 98071-0912

253-333-9420/800-850-9420

[www.GriefWorks.org](http://www.GriefWorks.org)