

A Mission to Serve and Educate

An organization's mission is like a person's core values - they define what is important in the everyday decision making process that is called Life.

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

It is a compelling mission because of its focus on providing **education** and **support** to grieving children, teens, families and individuals. **GriefWorks** also provides **education** to school counselors, school staff, and professionals in the human services field – offering them the newest academic insights into the grieving process as well as giving them tools to facilitate the healing process of grief.

GriefWorks will be offering its newest workshop, *When Grief & Trauma Come to School*, on Saturday, August 15 from 8 to 4:30 p.m. in Auburn for school counselors, school staff, and professionals in the human services field. In partnership with the Washington School Counselors Association, the school counselors attending will be able to earn 8 clock hours of continuing education credit. All professionals working with grieving children and teens are welcome to attend. The workshop will provide participants the most current academic understanding of how grief and trauma impact children and teens, as well as language and tools that will assist them in supporting grieving students. The entire afternoon will be interactive, focusing on activities that are proven to be successful in nurturing grief work in the individual, group, or classroom environment.

The **GriefWorks**' workshops and presentations achieve far-reaching and systemic results by sharing and modeling effective bereavement research and counseling techniques. The workshop participants are then enabled to carry the knowledge and skills back to their schools and organizations. It is **GriefWorks**' "Johnny Appleseed" approach. Far more children, teens, and individuals are helped as we work to equip the professionals in daily contact with them.

Daryl Thompson
Executive Director



Save the Date...

GriefWorks Summer Institute

August 15, 2009 8 a.m. to 4:30 p.m.
Geneva Hall, White River Presbyterian Church, 526
12th St. SE, Auburn, WA 98002

"When Grief & Trauma Come to School" is a workshop co-hosted by the Washington School Counselors Association. This workshop will offer 8 hours of continuing education clock hours. For more info or to register please visit our website www.griefworks.org or call our office at 253-333-9420.

Upcoming...

Grief Talk Support Group

Wednesdays, June 10—July 15, 2009,
6:30—7:00 p.m.
Evergreen Community Center

It's not too late to join this six-week grief support group led by professional staff in a safe environment.

Auburn Good Ol' Days

GriefWorks is proud to join in this community celebration again this year. August 7-9 is the weekend to stop by our booth to say "hi" and see what's new with our programs and services.

Family Grief Retreat

Saturday, July 18, 2009,
10:00 a.m.—5:00 p.m.
Evergreen Community Center

Know a family that is grieving the death of a loved one? Could they use others to walk with them through the grieving? Please call or e-mail for info or to register.

Ongoing...

Enumclaw Groups

GriefWorks staff facilitate two support groups at the Enumclaw Public Library. There is no cost or pre-registration for these groups, which are sponsored by Enumclaw Regional Hospital.

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.

SEATTLE FOUNDATION GRANT AWARDED

On March 20, 2009 **GriefWorks** was informed that The Seattle Foundation's Board of Trustees authorized a grant of \$5,000 to **GriefWorks** to support general operating expenses. This grant is paid from the Bill and Melinda Gates Foundation Fund, created by a gift to The Seattle Foundation.

Established in 1946, The Seattle Foundation's mission is to create a healthy community through strategic philanthropy, community knowledge and leadership. It is the oldest and largest community foundation in the region, with more than 1,200 family and individual funds and assets in excess of \$600 million. The Seattle Foundation awards nearly \$50 million in grants each year.

Roger Thordarson, **GriefWorks** board member, is thankful for *The Seattle Foundation* grant, "This generous grant will help **GriefWorks** continue to serve grieving individuals and not turn anyone away. The board of directors is very grateful to *The Seattle Foundation* as well as the *Bill and Melinda Gates Foundation Fund*."

Since 1998, **GriefWorks** has provided healing and hope to over 10,000 people - children, teens, adults, and families. It has brought grief support to schools, homes, and the workplace. **GriefWorks** has trained professionals and volunteers in the community, equipping them to be a caring presence to the bereaved.



Ask Dr. Bob

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

Dear Dr. Bob,
My best friend's mother is in the hospital and things don't look good. She tells me that if her mother dies when she's not there, she won't be able to forgive herself. Of course she's spending as much time as possible but she's running herself ragged. My question is, what can I do as a friend if her mother does die without her there?

T. R.

Dear T.R.,

When a loved one is getting close to death, it is not often easy to pinpoint when the last hours or minutes will be. Just ask nurses and doctors. They will tell you that things can suddenly take a turn for the worse or a person who seems to be going downhill can rally back for a time. One thing your friend can definitely do is to make her wishes absolutely clear to the hospital staff and to other family members the vital importance of her wish to be there. With cell phones today, more people are able to make it to a bedside for the last moments of a person's life.

If it does happen that she is not there when her mother takes her last breath, you, as a friend, can help by doing the following:

1. Let her talk about her guilt—do not try to talk her out of it
2. As the days go by, a good question to ask is, "What would it take to forgive yourself?"
3. Another is, "What would your mother say about all the guilt you've been carrying?"
4. Ask her if she can find a way to feel as if she can speak with her mother, such as talking to her picture, or standing at her gravesite, going to a favorite place, or writing a letter.
5. Suggest joining a support group and sharing her story with a nonjudgmental group can help.

The type of guilt we are discussing here is called *Moment-of-Death Guilt* and is a tough one to deal with. But by following these suggestions your friend can begin the important process of beginning to forgive herself. And, you can say to her, "After all, isn't that what your mother would want?"

Regards,
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, available at www.GriefWorks.org. Identities in his column are altered to maintain confidentiality.

GriefWorks thanks these sponsors for making our Fourth Annual Dahlias & Dessert a success!

- **Thel & Mike Harbin**
- **Yahn & Son Funeral Home**
- **Asia Pacific Gardening, Inc.**
- **Sylva Coppock**
- **Stefanie McGill**
- **Kent East Hill Nursery**

And of course, all those who donated great desserts.

Founder's Corner



Grief Talk Tool Kit Debuts at Summer Institute

The most popular **GriefWorks** workshops are the ones where we share the activities that we use as springboards for dialogue to accomplish the hard work of grief. Each of us has a tub that is "road-ready" with the "tools" that we use most frequently at family huddles, school groups, adult groups and even individual sessions.

Good news! We have had many requests to market our tool boxes. So be it! We are busily filling plastic tubs for the counselors who attend our summer institute on August 15th. Consistent with our mission to support the professionals who serve the grieving community, the *Grief Talk Tool Kit* will offer a significant savings of time and money for the purchaser. The \$75 kit will include: a vase, food colors, squirt bottle of bleach, glass stones, fiddle things, flash paper, 6 rainbow streamers, a chime, 10 purple fleece hearts, a package of Model Magic, the "Light A Candle" CD, a votive candle, feelings cards, a CD with 32 pairs of shoes (clip art) and 6 Celtic knot patterns, laminated questions and dice for the "Questions Basket", Jenga, a copy of *Tear Soup* and MORE!

We are excited about our new product! You can order your *Grief Talk Tool Kit* on line (Pay Pal) between now and July 30th. We'll have them ready for you by August 15th at the Summer Institute. Yes, we can mail them for an added shipping cost, but we hope that you can join us in person!

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

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