

GriefWorks Needs a New Home!

For four years, Skills, Inc. has generously donated office space and technical support to **GriefWorks**. In our two offices, we have met with bereaved individuals and families, as well as planned and prepared for programs and groups. In the evenings, we have used additional available space for adult groups and our Family Night Series.



Skills, Inc., which also is a vital nonprofit organization, has expanded well beyond its space and now needs all of its offices for its growing staff. Thus, **GriefWorks** needs a new home by the end of this summer.

It always has been **GriefWorks'** dream to establish a grief center in our community. Our vision includes three offices and a meeting room for groups. We also hope for space that would accommodate the Family Night Series. This would include a large meeting room, kitchenette, and separate areas for at least three groups.

A house would be ideal for **GriefWorks**, as it would offer a warm, comforting environment for the bereaved. One room could be decorated and equipped especially for children; another designed to meet the needs of teens. A house also could provide ample space for the Family Night Series. While a house would be ideal, however, we also would be grateful for donated or inexpensive office space.

GriefWorks appreciates the community's support through our nearly 10-year history of serving the bereaved in South King and Pierce counties and beyond. Now we are at a crossroads. Will you help us move forward in serving the needs of the bereaved? If you or someone you know would be willing to donate space or work with us in acquiring a home, please e-mail Michael@GriefWorks.org. Or, if you would like to lead a capital campaign for this endeavor, please contact us. Thank you for your continuing support.

Call for Volunteers!

Ever wondered how you could use the great skills you have to support a local nonprofit? Here at **GriefWorks** we love to utilize volunteers to help us with many tasks, activities, and events. We provide training, flexible schedules, valuable experience, and always a good time spent with others. Below is a list of things we need help with as we continue to serve the community with grief education and support.

Events – Summer is an active time of year for community outreach. Auburn Good Ol' Days is just one event we participate in to get the word out about **GriefWorks** programs and services. Volunteers greet the public, provide informational handouts, and answer questions. While you're there you can watch the parade, stroll through the other booths, bask in the sunshine and enjoy an elephant ear.

Office Support – As we're in an exciting period of growth, we're improving our database and have the need for volunteers to research and enter information. There are also opportunities to update our list of other agencies which we use for referrals. In addition, occasional general office work is needed at our Auburn location.

Donation Procurement – We work to defray program costs by utilizing donations. An example of this is donations of meals for families attending our Family Night Series. If you've got experience working with businesses in the community to procure donations, we could use your skills to continue our mission.

If you're interested in volunteering with **GriefWorks**, please contact us. *Thank you!*

Upcoming...

Public Forums

June 5, 2008, 7:00 p.m.—8:30 p.m.
June 9, 2008, 10:30 a.m.—12:00 p.m.

Cost is free to attend. The topic for the June forums is *The Impact of Grief on Other Relationships*. Please call our office for location details.

Support Groups...

For information or to pre-register for a summer or fall daytime or evening group, please contact our office.

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.

Grief Tip

Carry or wear a linking object.

Carry something in your pocket or purse that reminds you of the ones who died—a keepsake they gave you perhaps, or a small object they once carried or used, or a memento you selected for just this purpose. You might wear a piece of their jewelry in the same way. Whenever you want, reach for or gaze upon this object and remember what it signifies.



GriefWorks

PO Box 912, Auburn, WA 98071-0912
253-333-9420/800-850-9420
www.GriefWorks.org



Ask Dr. Bob

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

Dear Dr. Bob,

Four years ago this May, my 14-year-old nephew (my sister's oldest son) died in a car accident. I realize that this June he would've graduated from high school. I know my sister has an especially difficult time during spring and I'm sure she's thinking a lot about the upcoming graduation. I assume this is common?

Deb

Dear Deb,

In my work with bereaved parents, a common long-term struggle is dealing with the *should have beens*. Parents have told me that, as time goes by; they "grow up" their children. This is especially poignant when they and their other children see their child's friends get their driver's license, go to the prom, graduate from high school and college, find that special person in their life, and achieve other life goals. Widowed people have shared with me similar bittersweet feelings at attending the graduation or wedding of a grandchild. They say, "My husband [or wife] should be here experiencing this important event."

In thinking about your sister, I am reminded that some bereaved parents have told me that they appreciated a note that read something like, "As we head toward graduation day, I want you to know that I am thinking of John and your family. We all would have loved to see him walk across that stage, proudly receiving his diploma."

Deb, you know your sister best, so you decide if you'd like to do this. At any rate, it is highly likely her son's graduation has been on her mind. .

Peace,
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.

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



"May Day" brought "Dahlias and Dessert" to **GriefWorks**. We are grateful for the diligent efforts of our GriefWorks staff and board, as well for the generous support of our community. You all helped make this a totally pleasant evening, and your hard work and contributions have not gone unnoticed!

For hours at the computer, on the phone, and setting up, as well as for the lovely gift basket, THANK YOU, Debbie, our able Office Manager. THANK YOU, Michael, our honorable Executive Director, for literally traveling the distance to set up the professional looking dessert buffet, for procuring hot beverages, and for being our MC.

THANK YOU, Starbucks, for the coffee, condiments, cups and napkins. THANKS, also, to everyone who brought desserts. Yum, yum! We had a wonderful array of delectable sweets!

THANK YOU to Yahn and Son Funeral Home for the four spectacular garden theme gift baskets. The lucky winners went home smiling! THANK YOU, Craig Hudson family, for your lovely gift basket, which was enjoyed by another happy winner!

THANK YOU, Debbie Whitlock, for approaching the Dahlia Barn, and a special THANK YOU, Aimee and Jerry Sherrill, for your generous donation of beautiful dahlia tubers for our event. We will all look forward to seeing them bloom.

Last, but certainly not least, THANK YOU, professor Mike Harbin, for teaching us how to plant our tubers, grow healthy productive plants, and harvest, divide and store our tubers for more colorful flowers again next year. Thank you, also, for the handouts that will help us remember what you taught us!

Most of all, I want to thank all who attended for your support of our **GriefWorks'** mission. By partnering with us, you are helping us mend broken hearts and re-landscape lives. We couldn't do it without 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.*

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