

Join us for Humor...Hope...and a Chance to Help Others

Come start your day with popular television personality Tony Ventrella at **GriefWorks'** annual fundraising breakfast on Friday, October 30th. Tony has presented his "Seven Keys to Happiness" to hundreds of organizations throughout the Pacific Northwest. As author of *Smile in the Mirror*, his humor, charisma, and inspirational thoughts reflect his enthusiasm for life and his belief in individuals' abilities to strengthen the quality of their journey.

GriefWorks staff appreciate the community's commitment to supporting nonprofits and with Tony as keynote speaker, we hope for an even stronger turnout this year. We are depending on our guests' generosity to enable **GriefWorks** to continue to provide education and support for people grieving a death or seeking to understand the grief process. Since 1998, our staff have served over 10,000 adults, children, and teens...and the need continues.

Please join us Friday, October 30th from 7 to 8:30 a.m. at Messiah Lutheran Church, 410 H. St. N.E., Auburn, 98002. Breakfast is complimentary, but we ask you to come with a giving spirit. Please also invite others to join you, as you start your day with a delicious breakfast buffet *and* a generous helping of Tony's positive attitude...all while helping those who are grieving.

For more information about **GriefWorks'** annual breakfast or to make reservations or host a table, please contact me at 253-333-9420 or e-mail daryl@griefworks.org.

I look forward to seeing you October 30th!

Daryl Thompson
Executive Director



Grief Tip

Consider writing a letter—thoughts you wish you could express to your loved one. You can include regrets, anger, forgiveness, apologies, or personal and family news, as well as expressions of love and affection. Many who are grieving find that writing letters promotes healing. Preserve what you write in your journal...on stationary...on your computer. Or, if you wish, discard what you've written. You may find that you eventually lose the urge to write to the one who has died, but for now, it can be a healthy release for you, as well as a way of feeling connected with your loved one.

You're Invited to...

GriefWorks' 6th Annual Benefit Breakfast

Friday, October 30th

7:00 a.m.—Breakfast buffet
7:30—8:30 a.m.—Program featuring Tony Ventrella, TV personality and motivational speaker.

MESSIAH LUTHERAN

410 H St. NE
Auburn, WA 98002

To learn about becoming a **Table Captain** or **Corporate Sponsor**, please call 253-333-9420 or e-mail daryl@griefworks.org.
RSVP at www.griefworks.org

Breakfast is complimentary—we just ask you to come with a giving spirit. Funds raised will support programs for grieving children, teens, and families.

Upcoming...

For information or to pre-register for upcoming daytime and evening **Grief Talk** groups, **Family Night Series**, **Family Grief Retreat**, and **Spanish-speaking programs**, please contact us at 253-333-9420 or info@griefworks.org.

Public Forums

"Grief and the Holidays." No cost to attend; please call for details and to register.
November 2nd, 10:30 a.m. - noon
November 5th, 7 - 8:30 p.m.

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.

GriefWorks

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



Ask Dr. Bob

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

Dear Dr. Bob,
I am a third-grade teacher and I just learned that a student who was to be in my class died in August. I think that the students who knew him (I didn't) have all been informed, but I'm wondering if, after my students are settled, I should say or do anything.

Sincerely,
King County Teacher

Dear Teacher,

Thank you for your letter. Your situation is somewhat unusual because not all students in your class knew the student who died. One thing you might do is announce the fact that a student died, and for those students who knew him (and even for those who didn't), provide a few minutes to write a note to the family. You can give several examples of what to say, especially pointing out the value of writing a positive memory of the young boy.

In addition, you can contact one of your school counselors to see if they would be interested in having **GriefWorks** staff join them in setting up a support group for kids who need it. Whether or not they knew this third-grader, his death may resurface the pain of other personal losses in students' lives, as well as heighten their own sense of vulnerability. **GriefWorks** staff can be reached at 253-333-9420.

Thank you again for being sensitive to the potential needs of your students.

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.

Founder's Corner



Each school year we see the ongoing need for grief support in our community. **GriefWorks** is called when a student dies or when teachers and counselors recognize that students are finding it difficult to learn and to live healthy lives due to significant losses. We count it a privilege to offer support.

We cannot do it alone, however, which is why we love to educate and equip school counselors and others to support the bereaved. In August, at our Auburn workshop: "When Grief & Trauma Come to School," we did just that. In partnership with WSCA (Washington School Counselors Association) and the UW School of Social Work, we trained and offered continuing education credits to 30 caring professionals.

In their evaluations, participants expressed gratitude for the insights, resources, tools and hands-on practice. There was "lots of good information and materials appealing to all senses and learning styles," one attendee wrote. Others commented on the value of interacting with other counselors. "At the end of the day I hadn't felt the long hours go by," one counselor wrote. "Quite the contrary, I was energized!"

Two **GriefWorks** board members attended the training for further equipping themselves in helping us launch grief support programs for our Spanish-speaking community.

I was grateful for the opportunity to also train 50 counselors and staff at the Bethel School District Summer Institute. They, too, came eager to learn!

In addition to these workshops and our ongoing support of school counselors, I'm excited about our new Tool Kit. Already 16 have ordered this collection of our favorite grief tools and activities.

As you can see, even in these challenging economic times, the investments of our time and **your** contributions continue to multiply. I hope to see you at **GriefWorks'** October 30th breakfast so I can personally thank you for your part in "mending hearts and rebuilding the lives" of grieving students, adults, and families.

*Mel Erickson, along with Nanette Flynn, founded **GriefWorks** in 1998 as a bereavement resource providing grief education and support.*

Thank You, Muckleshoot Charity Funds!



In June, the Muckleshoot Charity Fund's Board of Trustees authorized a grant of \$5,000 to **GriefWorks** to support general operating expenses. "The Muckleshoot Charitable Fund (MCF) distributes approximately \$1 million per year. The Muckleshoot Indian Tribe has long understood the importance of being proactive in meeting the needs of its community and we are pleased to be able to fund such important and innovative programs," wrote MCF staff.

Rob Perry, president of **GriefWorks'** board of directors, says "The Muckleshoot Charity Fund's generosity will enable **GriefWorks** to continue its important work of counseling and supporting those grieving the loss of a loved one in our community."