

A Season of Renewal at *GriefWorks*

The other day, I was thinking about spring—how the buds burst into leaf, nourishing the trees' appetite for growth... how flowers unfold and bulbs push up to the warmth of the sun. Then I thought of the parallels of *GriefWorks'* new life and my own new career as its executive director. After 25 grueling years as a senior manager at a major corporation, I was burned out and needed something new. Similarly, *GriefWorks* has been through a year of turmoil and darkness and is ready to spring to life again. Like the tulips and daffodils, we have awakened from our slumber, ready to greet the summer sun with renewed energy. *GriefWorks'* energy will bring support and service to you, your loved ones, and others in our community seeking to heal and to understand the grief process.

Our wonderful staff, who I might add have stuck with *GriefWorks* through thick and thin, are excited to once again focus on serving our South Puget Sound family. If you have any ideas or comments on how we can serve you better, please drop me a line at gene@griefworks.org. We also invite you to partner with us financially or through volunteer work. Together we can help support our community, where grief is real and healing and rebuilding are needed.

I'm excited to be onboard with *GriefWorks* as we enter a new season of life and growth!

Gene Humphreys,
Executive Director



GriefWorks Auction June 27

For details on all events and services, visit www.GriefWorks.org.

Upcoming...

Public Forum on "Grief After Sudden Death" at Auburn Library, Thursday, June 24th from 10:30 to 11:30 a.m. No cost to attend. Learn about the unique aspects of unexpected death and how to cope with the aftermath of tragedy.

Grief Talk, a 6-week bereavement support group series will start Monday evening, July 19th. The cost for each 90-minute session is \$20 and includes printed information to take home. The group provides a caring and confidential environment and guidelines for the journey through grief.

***GriefWorks'* Summer Institute II**, "When Grief and Trauma Come to School," Saturday, August 21. In partnership with the Washington School Counselors Association, school counselors and personnel can earn 8 clock hours. CEUs for MSWs and MFTs are pending. We are excited to share tools and activities that help children and teens do grief work.

Ongoing...

GriefWorks staff facilitate two support groups at the Enumclaw Public Library, which are sponsored by Enumclaw Regional Hospital.

Grief Support Group:

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

Caregivers Support Group:

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

Grief Tip

Tell Others What You Need

You may find this difficult, but tell others what helps you and what doesn't—what makes you sad, what encourages you. After all, others cannot read your mind. Also find out what helps others who are grieving, because it is different for each person.

GriefWorks

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Founders Corner

If spring means new growth, then spring is here for *GriefWorks*! The community has rallied around our mission to offer education and support to grieving children, families and adults. We are greatly encouraged by the signs of new life in our organization, including new board members already hard at work...a new executive director with years of experience in management... completed grant applications...donations from *GriefWorks* compassion partners and the business community...and plans for programs and services. Learn more at our auction fundraiser on June 27th. You won't want to miss this fun event. Watch for your email invite and RSVP online.

Please accept my deep gratitude for your part – past, present, and future – in bringing forth "spring" for *GriefWorks*. For new life and the hope of harvest, thank you!

