

goodwords

news from the **good grief center for bereavement support**

How can you mend a broken heart?



Wouldn't it be wonderful to have the answer? While countless songwriters explore this never ending problem in their songs, few can actually

answer it. Many of us remember the Bee Gees #1 hit from 1971. The song asked this very question, "How can you mend a broken heart?" The song speaks to the fact that some things are unavoidable. They cannot be stopped. For example, "How do you stop the rain from falling down?"

The song finally ends with a plea to "Help me mend my broken heart and let me live again." Asking for help isn't easy, especially for those individuals who are grieving. At the Good Grief Center for Bereavement Support (GGC), we help people find ways to mend a broken heart that occurs after the death of a loved one. People want to live again, to enjoy life, but the intensity of their pain may be holding them back. Grief is a process. It takes time and support to work it through. Grief cannot be ignored.

GGC understands that everyone grieves differently, so we provide many different options to help those who seek support.

Grief affects us all. If you love, you will at some point feel the pain of a broken heart. However, you don't have to go through it alone. The many different feelings one may experience can be frightening and unexpected. It helps to find someone who understands and allows you to talk about it.

The staff and volunteers of the Good Grief Center will listen and really do understand. We are available to offer peer support to individuals who call or visit the Center. Additionally, GGC is a clearinghouse for bereavement services that are available throughout the community.

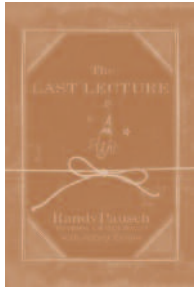
If you think you or someone you know could benefit from an extra shoulder to cry on or need reassurance that you are not alone with your grief, call GGC at **412-224-4700**.



***Our mission:** To be a comprehensive bereavement resource and referral center that builds a more compassionate community through grief awareness, education, support and hope; creating a safe place where all who have experienced the pain of death may come to work through loss and learn to manage grief.*

Last Lecture

Co-Author **Jeff Zaslow** To Be **Keynote Speaker**



We are thrilled to announce that the Good Grief Center and AseraCare Hospice will be co-hosting a conference in October. The keynote speaker at this event will be Jeff Zaslow who co-authored the amazing book, *The Last Lecture*.

This book, by Randy Pausch and Zaslow, now translated into 36 languages, is a #1 New York Times best-seller and has topped best-seller lists around the world. There are over 4 million copies in print in the U.S. alone, with countless people saying the lessons in the book have changed their lives.

Zaslow's Wall Street Journal column, "Moving On," focuses on life transitions. Since so many of our clients and colleagues deal with life transitions every day, we thought it was a great opportunity! Details are in the works, so keep **Wednesday, October 21st** on your calendar for what we know will be a meaningful and helpful conference.

Sponsorship opportunities are available for this conference ~ please make inquiries to Lulu Orr at the **Good Grief Center 412-224-4700**

President's Volunteer Service Award Program

We are pleased to announce the Good Grief Center's participation in the **PRESIDENT'S VOLUNTEER SERVICE AWARD PROGRAM.**



In recognition of the outstanding achievements of our volunteers, the Good Grief Center will identify and honor those GGC volunteers who qualify for the **PRESIDENT'S VOLUNTEER SERVICE AWARD**, a prestigious national honor offered in recognition of volunteer commitment. Established in 2003, this award is given by the President of the United States and honors individuals, families and groups who have demonstrated a sustained commitment to volunteer service over the course of 12 months.

"The Good Grief Center is extremely proud to join the President of the United States in recognizing the volunteers who consistently take the time to make a difference in the lives of others," said Marilyn Chapla, Associate Director of the Good Grief Center. "Volunteers strengthen America and inspire others to get involved. We are proud to honor our volunteers who are answering the call with this award."

Be sure to check our next issue to see our honored volunteers.

The Luck of the Irish!



The Good Grief Center is extremely fortunate to have some very good friends who made it possible for us to have our first ever raffle. These good friends, who wish to remain anonymous, donated a 5 night stay at Ashford Castle in Ireland while other good friends donated the airfare to make the trip complete.

Audrey Hillman Fisher and Tim Fisher were so very generous to host the raffle drawing party at their fabulous Strip District loft. What a glorious evening. A great time was had by all – especially the winner of the raffle whose birthday was that day!

The almost \$30,000 raised from this Ashford Castle Raffle will help GGC to continue offering our services free of charge to the community. We are most grateful to the many people who bought (and sold) raffle tickets! Many thanks to all our very special friends who helped make this event a huge success.

message from the executive director

Dear Friends,

Focusing on something positive can help us through some of life's most difficult times.

The relationships we share with family, friends, colleagues and yes, even organizations, help us to move on in life. The move might be a physical one such as the Good Grief Center's relocation to Squirrel Hill. GGC, as I have said so many times before, could not have completed this move without the help of so many of our friends, clients and supporters. We are now seeing a significant increase in people attending groups, working one-to-one with volunteers and staff, as well as using our lending library. Many people appreciate the Good Grief Center as a place to refer a grieving friend or family member. Letting people know that GGC is here (and at no cost) frees those who are trying to be supportive from feeling that they are not helping at all.

Moving on in life also entails emotional moves and often these can be the most difficult. This is all the more reason to try and focus on the positives. As Executive Director of the Good Grief Center, I see on a daily basis people struggling with grief. However, during the last couple of months I have lived it myself. There were so many positive things that occurred over the past few months while my mother was ill and dying. It will never cease to amaze me the kindness and comfort shown to me. While it truly has been the hardest time of my life, it makes me realize more every day how necessary the work of the Good Grief Center is.

Grief can be isolating, but it doesn't have to be. Reaching out is helpful, knowing there are people who care and will listen. Realizing that you are not alone in your grief is essential and healing. Please know the Good Grief Center will be here for you or someone you care about – whenever you need us. Now that is a positive!

Many thanks to you all, most especially to my mother who taught me the importance of friendship and listening. Thanks, Mom.

Take care,



Comments? Suggestions?

Send us an email at support@goodgriefcenter.com
or visit our website at www.goodgriefcenter.com
412-224-4700

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staff spotlight: new program manager

GGC is delighted to welcome Diana Hardy to the GGC team. In May, Diana joined the GGC staff as Program Manager. Her focus is on program development and existing programs such as Grief in the Workplace, the GGC Family Program, as well as individual and group peer support of all age levels. Diana also provides supervision to the students who complete their internships at GGC.



Diana has worked with children, adolescents, and adults at Western Psychiatric Institute and Clinic as well as Children's Hospital of Pittsburgh. She is also an author on several peer reviewed journal publications, published abstracts and posters, and has edited text on issues in career development in schools. She combines her many years of working with children, families, and adults, along with her life experience to bring support and knowledge to those who are grieving, and to professionals who are caregivers to those who are dying.

She is credentialed as a National Certified Counselor (NCC), Licensed Professional Counselor (LPC), and has obtained certification in clinical hypnosis from the American Society of Clinic Hypnosis (ASCH).

new address



GGC would like to hear from you if you have had a change of address. Please take a minute to call us at:

412-224-4700, or email us at newsletter@goodgriefcenter.com.

go green



GGC is consciously making every effort to do its share in protecting our environment. One way to partner with GGC in this endeavor is to save a tree and receive our newsletter via e-mail. Please call us at **412-224-4700** or email us at newsletter@goodgriefcenter.com if you wish to change from snail mail to email.

GGC values your trust and commits to protecting the personal information we obtain from you.



Bereavement Support Groups

Meeting at the
Good Grief Center

Evening Open Group

2nd & 4th Thursday
of each month
7-8:30 p.m.

Afternoon Open Group

3rd Wednesday
of each month
3-4:30 p.m.

Daughters without Mothers Group

1st Thursday
of each month
7-8:30 p.m.

GGC maintains a comprehensive listing of support groups throughout the region.

Please call:

412-224-4700 for information.

Wish List

Wishes do come true and we have been very fortunate to have received a number of items from our previous wish lists. We are truly grateful for all donations, whether in-kind or monetary in nature. Please use the enclosed envelope to make a donation or call to let us know of any of the following items you or a business you know would like to donate.

- Commercial grade cross-cut shredder
- Brochure / pamphlet racks
- Donated books on loss and grief ~ or a gift card to purchase more
- Kleenex ~ we go through lots!
- Office supplies ~ maybe your business has an excess of some basics
- Gift cards

Please consider a tax deductible donation and know it is greatly appreciated most especially by our clients who are very grateful there is no charge for our services.

Family Bereavement Support Program

*This free program is for families with children and teens to help re-establish and strengthen family bonds.
Series begins this Spring; please call Diana to register – 412-224-4700*



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2717 Murray Avenue
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