



goodwords

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

Fall Conference: *Let's Talk About Grief* October 21, 2009

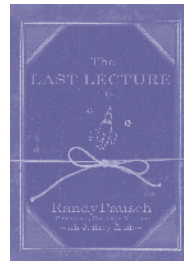
Jeff Zaslow, award-winning *Wall Street Journal* columnist and co-author of *The Last Lecture* with Randy Pausch, is coming back to Pittsburgh to deliver the keynote address at this conference.

3 morning workshops (your choice of two)

- **Family Dynamics & Grief**
- **Understanding Normal Grief**
- **Grief and Spirituality**

Interactive panel discussion on grief with Jeff Zaslow and workshop presenters following the keynote address.

Choose either full conference or lunch and keynote-only tickets. **CEU's available.**



**Wednesday,
October 21, 2009
9 am - 3 pm**

Churchill Valley Country Club
800 Beulah Road
Pittsburgh, PA

With deep gratitude to our generous sponsors (as of 8/24/09) AseraCare Hospice Foundation, Carnegie Mellon University, WTAE-TV, Lamar Advertising, Pittsburgh Quarterly Magazine, Dollar Bank, Alco Parking, Eat'n Park Hospitality Group and the Jewish Healthcare Foundation. **Many Thanks!**

Please call **412-224-4700** for tickets or more information.



Give on Wednesday, October 28th

The best day of the year to connect with a local nonprofit

The Good Grief Center for Bereavement Support is happy to be a participant in The Pittsburgh Foundation's PittsburghGives Match Day. A day when your online gift of \$50 or more will be matched 50 cents to the dollar, up to a gift of \$2,500 per individual.

Please visit our "portrait" at Pittsburghgives.org.

The Good Grief Center hopes you will make GGC your nonprofit of choice. See inside left to learn more about how your gift can do even more **good** for the Good Grief Center on this special day.

YOU MUST ACT QUICKLY SINCE THE MATCHING FUNDS OF \$200,000 ARE EXPECTED TO BE DEPLETED WITHIN THE FIRST ½ HOUR!



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.*



Pittsburghgives.org

a resource of The Pittsburgh Foundation

PittsburghGives Match Day: When your gifts will do even more good for the Good Grief Center

What: A great opportunity to leverage your contribution to GGC as we expand our good work.

Where: Online at Pittsburghgives.org

When: 10 am on Wednesday, October 28th

Why: GGC is growing! Last year we served over 1,900 new clients (a 65% increase.)



How it works: Donors log on to Pittsburghgives.org and type Good Grief Center in the search box, or click “give” and then type Good Grief Center. Donors must use credit cards to participate in PittsburghGives.

What you need to do before October 28th:

1. Register on the Pittsburghgives.org website **before October 28th.**
2. Check out GGC’s portrait anytime before and after the Match Day.*
3. Mark your calendars and set your alarm clocks for October 28th at 10 am.
4. Spread the word about how a gift to the Good Grief Center can do even more **good** on Match Day!

*PittsburghGives.org will continue to be a vehicle for giving, but the match only happens on Match Day.

If you want assistance preparing for Match Day, call or email Jacqui at 412-224-4700, or jacqui@goodgriefcenter.com.

Community meeting held at GGC July 14th

The Good Grief Center for Bereavement Support (GGC) recognizes how essential it is for community organizations to work together to identify and close the gaps in services for individuals and families who are grieving. This prompted GGC to once again hold a community meeting to review services that exist and to brainstorm on how to fill-in the gaps.

Over 30 professionals from a variety of agencies attended the meeting. Afterwards GGC sent out a short survey to gather feedback of those in attendance. We were thrilled to learn that 100% of those who responded are interested in working together. As many as 85% of the participants reported learning information at the meeting which will help them better serve the community. Lastly, in this world of constant communication, 100% reported they were in favor of exploring easier ways to communicate about these important issues.

Since our inception, GGC has been intent on listening to the voice of our community. Our listening will continue and changes will occur. One such change has already happened -- all GGC support groups now meet twice per month. We invite you to send us your comments at support@goodgriefcenter.com to continue the dialogue.

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

Please call: 412-224-4700 for information.

message from the executive director

Dear Friends,

There always seems to be a theme to carry forward in these newsletter messages that I write. Usually the theme comes from one of the articles from Goodwords or a story from one of our brave clients here at GGC.

This time I will carry forward a theme from my personal life. As many of you know, my mother died this past December and I need to say I had no idea how difficult it would be. I felt I was doing sort of "as expected" the first few months until my sisters and I had to clean out Mom's house. Ever since then it has been anything but what I expected. The pain has intensified the tears more often and the feelings of sadness more unbearable.

This is not news to any of you who has had someone important in your life die. It might be news to those of you who have yet to experience it. For those of you ahead of me on this road, I hope you had some wise people in your life to comfort and support you. For those of you who have yet to experience the true pain of grief, please know GGC is here for you. In the meantime if you know of someone who experienced a loss – acknowledge it.

What we hear very often here at GGC is that people feel abandoned in their grief. I luckily have not felt that thanks to my dear family and several friends who have been through this before me – but I have felt very confused at times. When you need to talk, cry or just sit in a safe place, please know GGC is here for you. Call or stop in and know there will be someone to listen – someone who has been down this road – who truly will understand all those conflicting emotions.

As the founder and Executive Director of GGC I know I can speak for all of our committed board and staff – we all will experience grief – most likely many times; but you don't need to go through it alone.

Take care,



Comments? Suggestions?

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

goodnewsgoodnewsgoodnews

staff spotlight: fundraising & finance coordinator



GGC is delighted to welcome Jacqui Jarosz as the Fundraising and Finance coordinator. A recent graduate from GSPIA at the University of Pittsburgh, Jacqui also completed her MBA in 2007 and has worked in both the nonprofit and corporate communities.

board of directors

The Good Grief Center is also happy to announce two new members of our board of directors.

Curt P. Ellenberg, Ed.D., CPA - Former CFO/Treasurer of the School for Blind Children. Member of the Board of Directors of the Pittsburgh Athletic Association.

Robert J. Antonelli - Director of Government Relations for Jewish Healthcare Foundation and the United Jewish Federation of Pittsburgh.

video conferencing

The Good Grief Center is proud to partner with Temple Sinai who is the exclusive Pittsburgh area provider of live satellite broadcasts from the acclaimed 92nd Street Y of New York City. This program uses satellite technology to simultaneously broadcast the Y's renowned educational and cultural programming to community organizations across America.

Rabbi Harold Kushner on *Fear*, Monday, November 9, 1 pm & 8 pm. Hear the author of *When Bad Things Happen to Good People* talk about what we can do to overcome our fears. This broadcast is prerecorded.

Mitch Albom: *Have a Little Faith*, Monday, November 30, 1 pm & 8 pm. Writer and broadcaster **Mitch Albom**, the author of *Tuesdays with Morrie*, *The Five People You Meet in Heaven* and *For One More Day* has become an inspiration to millions of people around the world. This broadcast is prerecorded.

For ticket information please contact GGC @ 412.224.4700 or visit our website www.goodgriefcenter.com.



Pella Windows and Doors
helps support the Good Grief Center.

Pella will donate 2% of all sales
back to the Good Grief Center.



Contact us at: 866-593-1620 or visit us on
the web at: www.pellafriends.com/ggc



SEPTEMBER				
M	T	W	T	F
		1 OPEN GROUP 3-4:30 PM	2 DAUGHTERS w/out MOTHERS 7-8:30 PM	3 4
7 LABOR DAY GGC CLOSED	8	9	10 OPEN GROUP 7-8:30 PM	11
14	15	16 OPEN GROUP 3-4:30 PM	17 DAUGHTERS w/out MOTHERS 7-8:30 PM	18
21	22	23	24 OPEN GROUP 7-8:30 PM	25
28	29	30 DON'T FORGET! SIGN-UP FOR PITTSBURGH GIVES!		

OCTOBER				
M	T	W	T	F
			1 DAUGHTERS w/out MOTHERS 7-8:30 PM	2
	5	6	7 OPEN GROUP 3-4:30 PM	8 OPEN GROUP 7-8:30 PM
	12	13 DON'T FORGET! SIGN-UP FOR PITTSBURGH GIVES!	14	15 DAUGHTERS w/out MOTHERS 7-8:30 PM
	19	20	21 GGC CONFERENCE 8:30 AM-3 PM OPEN GROUP 3-4:30 PM	22 OPEN GROUP 7-8:30 PM
	26 TOP PRIORITY! SIGN-UP FOR PITTSBURGH GIVES!	27	28 PITTSBURGH GIVES MATCH DAY!	29 30

NOVEMBER				
M	T	W	T	F
2	3	4 OPEN GROUP 3-4:30 PM	5 DAUGHTERS w/out MOTHERS 7-8:30 PM	6
9 RABBI H. KUSHNER ON FEAR-1 & 8 PM (VIDEOCONFERENCE)	10	11 FAMILY PROGRAM 5:30-8 PM	12 OPEN GROUP 7-8:30 PM	13
16	17 OPEN GROUP 3-4:30 PM FAMILY PROGRAM 5:30-8 PM	18 DAUGHTERS w/out MOTHERS 7-8:30 PM	19	20 CALL GGC FOR HOLIDAY SUPPORT
23	24 OPEN GROUP 7-8:30 PM	25	26 THANKSGIVING DAY GGC CLOSED	27 GGC CLOSED
30 MITCH ALBOM HAVE A LITTLE FAITH - 1 & 8PM (VIDEOCONFERENCE)				

DECEMBER				
M	T	W	T	F
		1 OPEN GROUP 3-4:30 PM FAMILY PROGRAM 5:30-8 PM	2 DAUGHTERS w/out MOTHERS 7-8:30 PM	3 4
7 CALL GGC FOR HOLIDAY SUPPORT	8	9 FAMILY PROGRAM 5:30-8 PM	10 OPEN GROUP 7-8:30 PM	11
14	15	16 OPEN GROUP 3-4:30 PM	17 DAUGHTERS w/out MOTHERS 7-8:30 PM	18
21	22 OPEN GROUP 3-4:30 PM	23	24 CHRISTMAS EVE GGC CLOSED	25 CHRISTMAS DAY GGC CLOSED
28	29	30	31 LAST DAY FOR TAX DEDUCTIBLE DONATIONS	

Family Bereavement Support Program

This free program is for families with children and teens to help re-establish and strengthen family bonds.
Four sessions on Wednesdays. Please call Diana to register – 412-224-4700.