

CAMBERWELL GRIEF SANCTUARY

Help. hope. healing

Nature. community. transformation



CAMBERWELL SUPPORT GROUPS

Loneliness and isolation are often by-products of grief. A griever may commonly try to make other people feel comfortable by minimizing the pain of grief, which leads to feeling misunderstood and alone. The overall effects of loneliness on mental health and well-being are staggering! It can lead to increased stress, anxiety, depression, decreased cognitive function, or an increased risk of diseases like diabetes or heart disease. It's ok not to be ok, but no one should have to grieve alone.

At Camberwell, we believe community inspires courage. We've learned there is power in shared experience. No one understands a griever quite like another griever! Our support groups provide a safe place to be with a compassionate community of people who understand. Consider joining a group to get help and find hope.

AVAILABLE GROUPS

General Group

(in-person and online)

Weekly on Mondays at 10:00 AM
Northeast Christian Church

General Group (in-person)

Weekly on Tuesdays at 10:00 AM
St. Bernadette Church

General Group (in-person)

Weekly on Thursday at 6:30 PM
Northeast Christian Church

General Group (in-person)

Monthly on 4th Saturday at 11:00 AM
Camberwell Grief Sanctuary

Art Therapy Group (in-person)

Monthly on 4th Saturday at 1:00 PM
Camberwell Grief Sanctuary

NEW GROUPS COMING SOON

Loss by Suicide Group (in-person)

1st and 3rd Thursdays, Time TBD
The InnerView Counseling Office

College-Age General Group (online)

2nd and 4th Tuesdays, Time TBD



Join us for trauma-sensitive yoga

HOW TO REGISTER FOR GROUPS

Would you like to join a group? There are two ways to join:

- 1) Text GROUP to 91999 and complete the form.
- 2) Visit our website at www.camberwell.org/programs and click the button to register.

To stay informed of future groups, text 4SUPPORT to 41444 to sign up for updates.

help. hope. healing



INFO@CAMBERWELL.ORG | 502.465.0110 (OFFICE) | CAMBERWELL.ORG

A PRAYER FOR THE BROKENHEARTED

By Valerie Gibson Jones, Camberwell COO

WHEN WORDS FAIL

The Lord is close to the brokenhearted and saves those who are crushed in spirit.
PSALM 34:18

Grief can crowd out what we know to be true, and you may find it hard to wrap words around your deepest pain. In moments like these, Scripture gives us language for lament and provides hope that's firmly anchored in Truth. When words fail, and grief threatens to overwhelm you, truth will give you hope. Don't forget to remember you are loved and not alone.

TRUTH: God is with you. He will never leave you.

PRAYER: God, thank you for being with me, even in the most difficult, painful moments. You have always been and will always be with me. You hear me when I ask for help, and You invite me to rest in Your goodness. Thank you, God, that nothing can separate me from Your enduring and unfailing love, even in the darkest night. The promise of Your nearness is a precious gift. When nothing else makes sense, I am thankful that I can trust You. Thank You for being near, and thank You for the promise that You will never leave me alone. Lord, tend to my broken heart. You are kind and trustworthy. **AMEN.**

GRIEF STORY: KAREN O'HARA

Meet Hannah, the 31-year-old daughter and only child of Karen. She died unexpectedly in February 2021 and has since been deeply missed by those who knew and loved her. Hannah lived a vibrant and meaningful life. In 2011 she graduated Summa Cum Laude with a Bachelor's Degree in Social Work from the University of Louisville. A short year later, she received her MSW from the Kent School of Social Work and quickly found her place in the field, working as a children's therapist. Hannah's dedication to helping others was evident to everyone who knew her. In October 2011, Hannah was recognized for her contribution at The Healing Place when she received the Mental Health America of Kentucky Jack B. Smith Volunteer Advocate Work Award. But she made the world more beautiful in other ways, too. She loved to craft and create things. Hannah left behind several art projects that her mother, Karen, graciously shared with the intended recipients after she passed. What a beautiful way to honor Hannah's memory and let her legacy live on. Her creativity often showed up in the kitchen, too! Hannah enjoyed cooking meals for her family and introducing them to new foods. Who knew sushi and ground pork tacos could be so good? Hannah did, and she loved sharing those moments with her family.

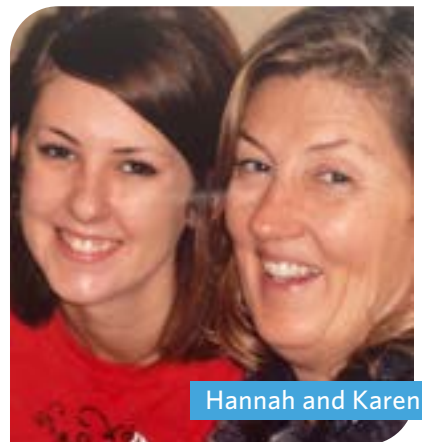
When Hannah passed away, Karen and her husband, Kirk, were understandably devastated. Getting to know Karen and being entrusted with her story is not something we take for granted. We're grateful Karen found Camberwell and has courageously agreed to share her story to help others find hope. Here's what she has to say.

Q: In what ways has CGS supported you in your grief? What difference has it made for you?

A: CGS has given me a place to enjoy and share in nature and the outdoors while grieving for my loved one. It's a place where I go to pray, meditate, and honor Hannah in different ways like the memorial tree planted and living on in her honor. It's a safe space where I feel a sense of belonging. It's as if every bench, tree, rock, and windchime is mine because I understand what they represent. At Camberwell, everyone understands my story, too. They get it, and I don't have to explain things or worry that others might misunderstand. I find so much calm and serenity in the atmosphere there, whether in a large group, small group, one-on-one, or all by myself.



Community inspires courage.



Hannah and Karen





Nature promotes healing.

Q: What do you want others to know about CGS?

A: I come here to commune with my Higher Power and to remember and honor Hannah. Camberwell is open to anyone, offering freedom to feel your pain and also an environment to let go of that pain with others or by yourself surrounded by nature. I have participated in group, women’s events, yoga, hiking, Saturdays at the Sanctuary, Night of Hope & Remembrance, Coffee & Conversation, and Couples Retreat. I’ve also dropped in for a visit and planted a tree to honor Hannah. Camberwell represents peace, calm, serenity, a constant presence, joy, and a sharing community.

Q: What would you say to someone who just started their grief journey?

A: Find a place and people you feel safe with and push yourself to spend time with them, even if you just sit in their presence. “This too shall pass” only applies to the shock and disbelief you feel, not the pain and loss. You can get through this, but you can’t get over it. Each day brings a struggle — maybe not all day, every day, but some part of each day will be hard. A grief journey doesn’t come with a map; instead, you find a compass that helps guide you in the right direction. Any journey worth traveling comes with unique setbacks and surprises. Keep going.

GETTING THROUGH GRIEF

By Mary Jean Gandolfo, Ed.D, GC-C, Camberwell Grief Counselor

GRIEF IS LETTING GO OF THE PAIN, NOT THE PERSON OR THE EXPERIENCE

Give yourself time.

Accept your feelings. Your feelings are normal. It is okay not to be okay. Let yourself cry to keep you from being stuck in your sadness. As painful as it is, your hurt can start to lift if you allow yourself to feel it.

Self-care is critical. You must take care of yourself to be able to best care for others. Self-care is not selfish. Eleanor Roosevelt once said, “You cannot serve from an empty vessel.”

Make your happiness a priority. Do something for yourself each day. You are special.

You are not alone. Accept the love and encouragement of others. Share stories with others who are also grieving.

Be aware of your needs. Set and keep healthy boundaries. Setting boundaries takes courage. It is okay to say no.

Be gentle with yourself.

Let go and let God carry you through your grief.

Enjoy quiet time. Reflect on, and acknowledge, people, experiences, and things for which you are most grateful.

You will never get over your grief. You will get through your grief. Finding purpose in your pain is a part of healing.

WAYS TO DONATE

Give online at camberwell.org/donate

Give on your mobile device by texting CGSExpansion to 91999

Give by mailing your donation to Camberwell Grief Sanctuary, Suite 201 9850 Von Allmen Court Louisville KY 40241

Make an in-kind donation ([Click here for the list](#))

- Give by donating securities (stocks, bonds, mutual funds);
- Contact kelly@camberwell.org

Include Camberwell Grief Sanctuary in your will



UPCOMING EVENTS

For more information or to register for an event, use the text code or visit camberwell.org/events.

Saturday at the Sanctuary

Saturday, August 26, 10:00 AM
Text CGSSaturdays to 41444

Fall Volunteer Day

Saturday, September 9, 10:00 AM
Text 2Volunteer to 41444

Coffee & Conversation

Wednesday, September 13, 6:30 PM
Text 4Coffee to 41444

Saturday at the Sanctuary

Saturday, September 23, 10:00 AM
Registration opens August 28

Saturday at the Sanctuary

Saturday, October 14, 10:00 AM
Registration opens September 25

Holiday Open House

Friday, November 10, 6:30 PM
Registration opens September 15

Night of Hope & Remembering

Sunday, November 19, 4:30 PM
Text 2Remember to 41444

CAMBERWELL'S VISION

Nature promotes healing.
Community inspires courage.
Transformation through grief
is possible.

We are here
to help you believe
LIFE CAN BE BEAUTIFUL AGAIN.



DO YOU WANT TO GET INVOLVED?

You can volunteer with us in several ways, and we are grateful for every volunteer who shows up to support CGS. Our programs and services are more successful because of you! You can come to one of the volunteer days listed below or sign-up to serve at an upcoming special event.

To fill out our volunteer form for more information, scan the code.

2ND ANNUAL CAMBERWELL GOLF SCRAMBLE!

Monday, September 18 at 10:30 AM
Shelbyville Country Club

Make plans to join us for a fun-filled day on the greens!
Registration is open, and spots are limited.

For details, text 2GOLF to 91999 or scan the QR code.

Maybe golf isn't your thing, but you'd still like to participate? Become a sponsor! We have various sponsorship opportunities available or sponsor a hole to honor a loved one.

Use the QR code for more info.

All proceeds from the Golf Scramble will fund CGS property expansion.
A matching grant will double the impact of your contribution!



THANK YOU TO OUR BOARD MEMBERS!

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Vice Chair

Jacqui Brangers-Wandling
Treasurer

Dr. Jeffrey Bumpous

Allen Corbin

Doug Davis

Michelle Heit

JA Hillebrand

Thad Keal

Traci McCartney

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Mark Stewart

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