

CAMBERWELL GRIEF SANCTUARY

DECEMBER 2023



Nature, community, transformation

COMMUNITY INSPIRES COURAGE: CAMBERWELL SUPPORT GROUPS

Loneliness and isolation are often by-products of grief, and the holiday season can complicate those feelings. At Camberwell, we believe community inspires courage. 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.

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 www.camberwell.org/programs and click the button to register.

To learn about future groups, text **4SUPPORT** to 41444 to receive updates.

General Group (in-person and online)
Weekly on Mon, 10a
Northeast Christian Church

General Group (in-person)
Weekly on Tue, 10a
St. Bernadette Church

General Group (in-person)
Weekly on Thu, 6:30p
Northeast Christian Church

General Group (in-person)
Monthly on 4th Sat, 11a
Camberwell Grief Sanctuary

Art Therapy Group (in-person)
Monthly on 4th Sat, 11a
Camberwell Grief Sanctuary

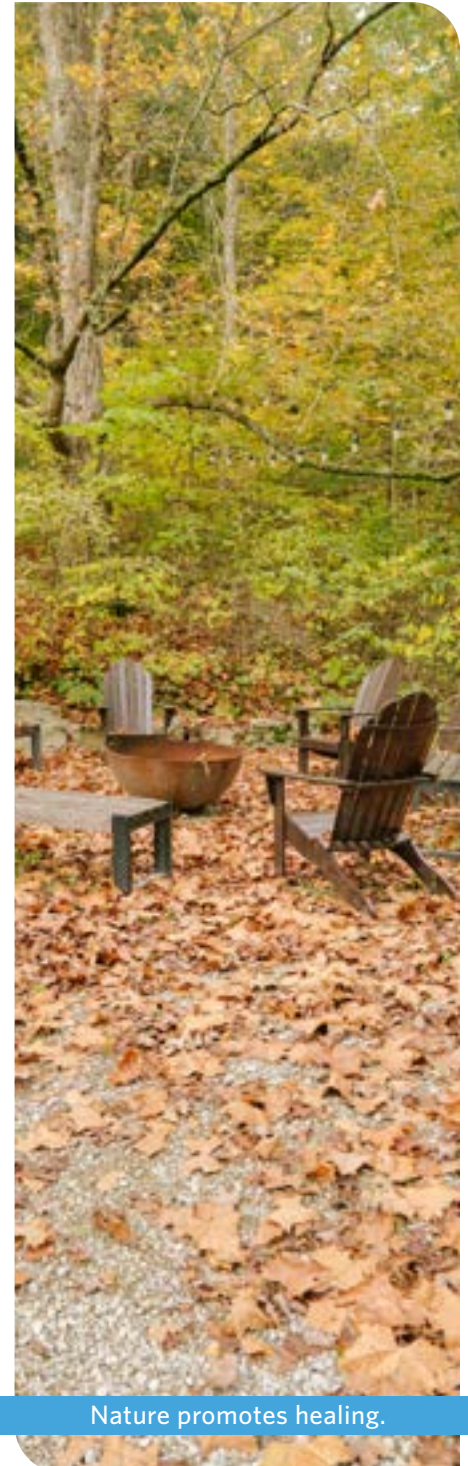
Loss by Suicide Group (in-person)
Bi-monthly on 2nd and 4th Tue, 6:30p
The InnerView Counseling Office

College-Age Group (online)
Bi-monthly on 1st and 3rd Tue, 5p

EXCITING NEWS: CGS EXPANSION IN EARLY 2024

We are thrilled to share with you that we have purchased an additional 200-plus acres surrounding our current campus in beautiful Bedford, Kentucky, bringing the next phase of the Camberwell vision to life! This exciting expansion allows us to continue to focus on our mission, helping grievers begin to heal from the past, rediscover beauty in the present, and build hope for a better future.

With the 200-acre expansion that includes beautiful green space and multiple structures, Camberwell will be positioned as the region's **LARGEST** and **ONLY** grief-specific nature sanctuary offering comprehensive, well-rounded care and a welcoming, safe retreat center. The newly expanded sanctuary will feature additional hiking trails, contemplative, peaceful spaces, overnight retreat space, and various immersive nature-based



Nature promotes healing.





Community inspires courage.

experiences for adults (individuals and families) and children alike. We will expand our current programs and services by adding additional therapy services and more opportunities for art therapy, massage therapy, yoga therapy, and many CGS special events! Also in the works for 2024 — a new equine therapy program!

Camberwell has exciting plans in the works that will allow us to provide HOPE to many who are hurting. 2024 promises to be a year of enormous growth full of incredible opportunity. Thank you for being part of the story and supporting this incredibly important mission to touch and change the lives of so many.

GRIEF AND THE HOLIDAYS: A TOOLKIT

The holidays often come with a bit of added pressure and expectation (traditions, long to-do lists, family gatherings, etc). When you add grief to the mix, it gets even more complicated quickly. Sometimes, having a plan in place can help ease the anxiety and stress.

Here are a few ways to survive the holiday season when you're grieving:

CARE FOR YOURSELF.

- Find small moments of comfort. Drink coffee in a favorite mug. Curl up with a favorite blanket. Bundle up and go for a walk.
- Make space for moments of solitude and quiet. Find a comfortable place to sit with your grief.
- Stick to a routine so that you don't neglect self-care. Make sure to eat, sleep, and move throughout the day. Incorporate deep breathing and grounding exercises. Write it down and commit to it.
- Be patient with yourself. Do what feels ok and let that be enough.

HONOR TRADITIONS IN A WAY THAT FEELS COMFORTING AND NOT STRESSFUL.

- Honor your loved one by including them in traditions. Place a photo next to the Advent candles. Hang their stocking and include a letter to them. Set aside a memorial space at the table or in the room to light a candle and display a photo. Again, do what brings comfort.
- Tell stories and share memories with family and friends. Use the Table Talk questions included on page 3 to get started.
- Create a new tradition that honors your loved one in a meaningful way. Volunteer for a local non-profit, share favorite recipes with neighbors, for example.

MAKE SPACE FOR MEANINGFUL CONNECTION AND COMMUNITY.

- Attend a support group or plan a meal with other grieving people.
- Reach out to trusted friends and family and communicate what you need. Ask for help when necessary.
- Consider volunteering as a way of bringing hope to others.



SUPPORTING CHILDREN THROUGH GRIEF

Children grieve, too, and in their own unique way. It's important to remember that their grief is a normal reaction to the loss of someone significant. Here are some ways you can help a grieving child.

- 1. Take care of yourself.** Grieving children do better when a healthy adult provides support and understanding.
- 2. Be honest with your child.** Talk about the event and communicate simply, directly, and age-appropriately.
- 3. Listen.** Ask your child to share his or her story about what happened. And, listen well.
- 4. Acknowledge the grief.** Do this without projecting your own grief on your child. Every person's grief is unique.
- 5. Share.** Tell your child stories about times you were afraid, sad, or angry. It helps a child know what they are experiencing is normal.
- 6. Encourage creative expression** through age-appropriate art or writing projects or rituals that help the child feel connected to their loved one.

TABLE TALK: HOLIDAY EDITION

Use these questions to start a conversation about your loved ones. It can be helpful to hear stories and share memories with trusted family and friends.

1. What is your favorite memory of your loved one?
2. What is one thing your loved one could do better than anyone else?
3. What was your loved one's favorite holiday?
4. What special touch did your loved one add to the holidays?
Did he/she have a favorite tradition?
5. If you could speak to them now, what would you say?

UPCOMING EVENTS

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

Volunteer Appreciation Lunch

February 24, 11a
Text 4Volunteers to 41444

Coffee & Conversation

March 20, 6:30p
Text 4Coffee to 41444

Spring Clean Volunteer Day

March 23, 10a
Text 2SpringClean to 41444

Couples Retreat

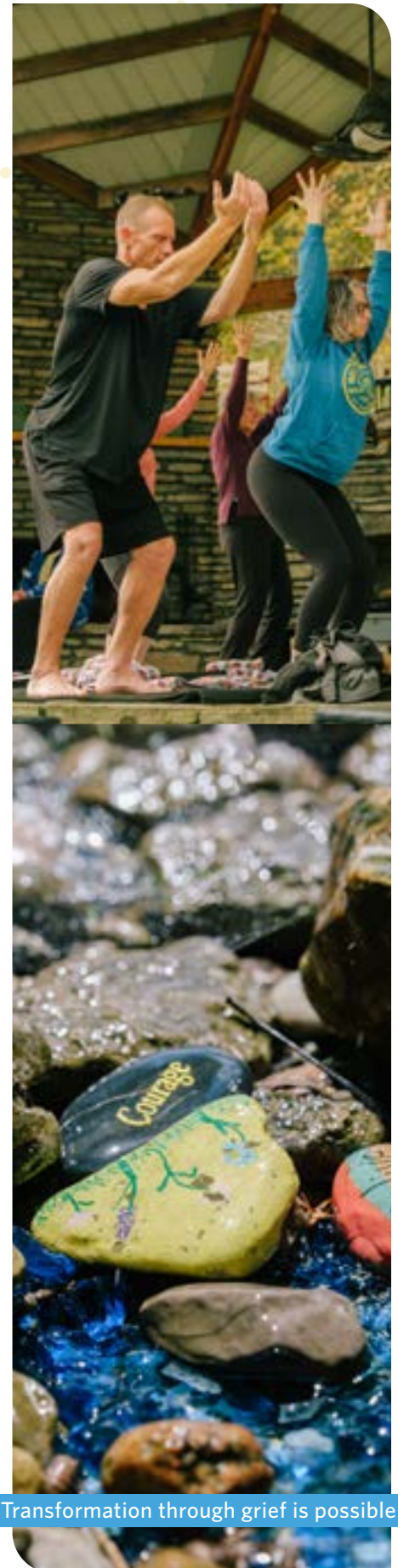
April 20, 10a
Text 4Couples to 41444

Saturday at the Sanctuary

April 27, 10a
Text CGSSaturdays to 41444

Women's Spring Tea

May 11, 1p
Text 4Tea to 41444



Transformation through grief is possible.



THANK YOU TO OUR BOARD MEMBERS!

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Jessica Wood
Vice Chair

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Doug Davis

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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.**

RESULTS ARE IN! 2ND ANNUAL GOLF SCRAMBLE

Our 2nd Annual Golf Scramble was a huge success, thanks to your support! We hosted twenty teams and raised more than \$40,000 to help fund our expansion project. We are so grateful for your generosity and belief in the mission and vision of Camberwell.

Mark your calendar for next year's event on Monday, September 16, 2024!



WAYS TO DONATE

Give online at camberwell.org/donate

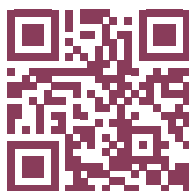
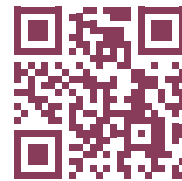
Give on your mobile device by
texting CGSExpansion to 91999

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



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.*

