

CAMBERWELL GRIEF SANCTUARY

APRIL 2024



Nature, community, transformation

COMMUNITY INSPIRES COURAGE: CAMBERWELL SUPPORT GROUPS

INTRODUCING HIKE & HEAL: TOGETHER WE HEAL, ONE STEP AT A TIME

Camberwell is thrilled to announce the launch of our newest program, **Hike & Heal**. This innovative program is designed to provide support and connection for those navigating the complexities of grief while inviting them toward hope and healing. Our trails, nestled among the trees, provide a safe space to process your emotions and explore the power of the mind-body connection in your healing journey.

Grieving is a deeply personal experience, as unique to you as a fingerprint. So, instead of fixed agendas and curriculums, our team is committed to meeting you where you are and inviting you toward hope one step at a time. These groups will feature a guided hike through the forested trails led by experienced, compassionate facilitators who understand that grief is not a linear process. The hikes are carefully designed to cultivate a sense of community and understanding among participants, allowing them to share their experiences in meaningful, impactful ways and find strength and courage amidst the challenges of grief.

This group is for everyone. **Hike and Heal** is open to individuals of all backgrounds, experiences, and skill levels, providing a safe and welcoming space for anyone seeking hope and healing. Whether you're navigating the death of a loved one, grappling with major life changes, or carrying unresolved grief, **Hike & Heal** offers a new way to find help and hope. No hiking experience is required!

Our inaugural hike is Saturday, April 27, at 9 AM. To learn more about Hike & Heal, visit our website or email Valerie at info@camberwell.org. You're invited to embrace the healing power of nature and take a step toward hope and transformation. We hope you'll join us.

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 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

College-Age Group (online)

Bi-monthly on 1st and 3rd Tue, 5p

Loss by Suicide Group (in-person)

Bi-monthly on 2nd and 4th Tue, 6:30p
The InnerView Counseling Office

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

NEW: Hike & Heal Group (in-person)

Monthly on the 4th Sat, 9a
Camberwell Grief Sanctuary

COMING SOON: General Group (in-person)

Weekly on Wed, 6:30p
RESolutions, 8712 Bayberry Place, Louisville, KY 40242
Group will begin September 4th.





KY GIVES DAY 2024

We are counting down the days to Tue, May 7 for **KY Gives 2024!**

We need your help to make our campaign a success. So, save the date and set a reminder! Let's make this **KY Gives Day** the best yet!

You can give here: kygives.org/organizations/camberwell-grief-sanctuary



Check Out Our Podcast!

GRIEF UNTANGLED: STORIES OF TRANSFORMATION & HOPE



Grief Untangled is designed to guide listeners through the complexities of grief with understanding and compassion. It's a space where, together, we'll unravel the emotions and challenges that often accompany loss and trauma. Each episode will explore the various layers of grief, offering practical advice, heartfelt stories, and strategies for moving forward with hope. **The Season One Trailer** is available now on Apple Podcasts and Spotify! Give it a listen and subscribe to the show!

To get email updates about the podcast, use this link <https://bit.ly/3Vw4Ull> or the QR code.

GRIEF & SELF-CARE

When you're grieving, it's important to take care of yourself in healthy ways. Here are five simple practices to help with self-care.

Keep a grief journal. Writing it all down provides a safe outlet for expressing emotions, tracking small wins, and gaining important insight and self-awareness.

Move your body. Moving about, even in small ways, helps release tension, reduces stress hormones, and promotes a sense of well-being in the midst of grief.

Stay hydrated. Drinking water supports overall physical and mental health. It also helps regulate mood and energy levels and improve cognitive functioning.

Listen to your favorite music or podcast. It can provide a distraction or even a moment of comfort to your heart and mind during intense periods of grief.

Gentle Stretching or Breathing Exercises. These kinds of movements and exercises promote relaxation, reduce muscle tension, and enhance mindfulness, nurturing a sense of calm and inner peace in the midst of the complexity and chaos of grief.



AMBIGUOUS LOSS IS STILL GRIEF

By **Mary Jean Gandolfo, Ed.D, LSW, GC-C**

The grieving process is mostly linked with actual death and dying. Still, the grieving process sometimes involves ambiguous loss, a loss without closure or a clear understanding.

In the 1970s, Pauline Boss, PhD, established the term ambiguous loss to explain a person's deep sense of loss unrelated to death. Two types of ambiguous loss are physical ambiguous loss and psychological ambiguous loss.

With physical ambiguous loss, a person is physically absent while psychologically present. Many specialists refer to physical ambiguous loss as "leaving without goodbye," such as when someone is absent after imprisonment, deployment, divorce/estrangement, or missing following natural disasters, abductions, or other crimes.

With psychological ambiguous loss, a person is emotionally absent while physically present. One may grieve the way the person used to be, such as when someone is diagnosed with dementia, struggling with addiction, or suffering from a critical illness.

Ambiguous loss leaves a person searching for answers, thus complicating and delaying the grief process. A person may grieve the loss of what was or what might have been. This type of grief can uncover sadness, anger, and loneliness. Feelings of love, disappointment, hope, and pain often coexist when working through ambiguous loss. He/she may feel stuck in a permanent state of uncertainty.

My experience of ambiguous loss centers on the breakup of family relationships following my father's death. Facing this loss led me to find the courage to begin to live a life being true to myself instead of living a life defined by the expectations of others. Through counseling I discovered that to get through my ambiguous loss, I needed to find my true self.

Recently, I authored a paperback resource on grief, titled *Beyond Grief: 101 Questions to Discover the Good Created by Your Loss*, available on Amazon. *Beyond Grief* gives you a collection of thoughts to encourage you to understand your inner child, as well as who you are today. *Beyond Grief* provides you a space to journal your thoughts and feelings, as you continue your grief journey. As you navigate through your loss, you will learn how to heal your codependency patterns, identify and work.

As you will discover through reading *Beyond Grief*, loss is an inevitable part of life and grief is a natural part of the healing process. To find purpose in your pain, you must go inward. Listen to what God is saying to you in your pain. Ask yourself how sharing your story can be a resource of hope for others.

Do not let your pain define you. You will never get over your loss. Instead, you will grow through it. Learn to love yourself through your grief. Experiencing self-love through grief takes courage, vulnerability, and practice. Do the work! You are worthy of finding inner peace after loss.

With Love, Mary Jean

ABOUT MARY JEAN: *From the time my youngest child started kindergarten in the fall of 1991, until the winter of 2020, I was blessed to work in different areas of parish ministry. In 2001, I completed my Master of Art degree in Religious Studies with an emphasis in Pastoral Counseling, followed by earning my Doctorate in Education in 2018.*

In 2019, on my 65th birthday, a dear friend's daughter, Heather, lost her battle with cancer. Heather's death inspired me to retire from parish ministry and fulfill my desire to be a certified grief counselor. I received my grief counseling certification in 2020. Today I work as a grief counselor at Camberwell Grief Sanctuary. As a certified grief counselor for CGS, I utilize my combined learnings and experience as I work with people who are grieving following the loss of a loved one and/or grieving ambiguous loss.

Find the book *Beyond Grief* here: <https://a.co/d/fKRSNHV>



THANK YOU TO OUR BOARD MEMBERS!

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OUR VISION

Nature promotes healing.

Community inspires courage.

Transformation through grief is possible.

WE ARE HERE TO HELP YOU BELIEVE LIFE CAN BE BEAUTIFUL AGAIN.

UPCOMING EVENTS

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

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

Men's Summer Cookout

June 8, 1p

Text CGSCookout to 41444

Kids Summer Celebration sponsored by Kosair Kids

July 13, 10:30a

Text CGSKids to 91999

THANK YOU TO OUR VOLUNTEERS!

Thank you for coming out to serve on Spring Clean Day! We appreciate your willingness to roll up your sleeves and get your hands dirty to help create a safe and inviting environment for the grieving and brokenhearted! Thanks to you, the Sanctuary will be a picture-perfect setting for this season's first retreat day, **Saturday at the Sanctuary** on April 27!

Our next volunteer day is August 17, but you don't have to wait until then to come and serve. Just email Valerie at valerie@camberwell.org.

WAYS TO DONATE

Give online at camberwell.org/donate

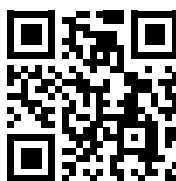
Give on your mobile device by texting CGSExpansion to 91999

Give by mailing your donation to Camberwell Grief Sanctuary
9850 Von Allmen Court, Suite 201
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 on the website or sign-up to serve at an upcoming special event.

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

