

CAMBERWELL GRIEF SANCTUARY

JULY 2024



nature, community, transformation

SAVE THE DATE

Mon Sep 16 is Our Third Annual **CGS GOLF SCRAMBLE**
presented by Kosair for Kids!

To become a participating sponsor, use this link:

igfn.us/form/RcNp-w or email valerie@camberwell.org



Kosair for Kids

AVAILABLE GROUPS

Healing happens best in community because community inspires courage. We are grateful to our partners who generously provide space for our weekly group meetings: Northeast Christian Church, Saint Bernadette's Catholic Church, and RESolutions. Our groups are a thriving part of our programming, and because of our local partners, we have doubled our group offerings since the end of 2023! Find a group that works with your schedule and come be part of something meaningful and transformational.



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.

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

General Group (in-person)
Weekly on Tues @ 10a
St. Bernadette Church

College-Age Group (online)
Bi-Monthly on 1st/3rd Tues @ 5p

Loss by Suicide Group (in-person)
Bi-Monthly on 2nd/4th Tues @ 6:30p
The InnerView

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

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

Art Therapy Group (in-person)
Monthly on the 4th Sats @ 1p
Camberwell Grief Sanctuary

Hike & Heal Group (in-person)
Monthly on 4th Sats @ 9a
Camberwell Grief Sanctuary

COMING SOON: General Group
(Group will begin September 4th)
Weekly on Weds @ 6:30p
RESolutions
8712 Bayberry Place in Louisville



CGS + KY GIVES DAY 2024

The generosity of our donors was on full display during KY Gives Day 2024. We ended the day with a total of \$29,420 and 103 donations! Thanks to your donations, we will continue to expand our programs by offering additional support groups throughout the community and retreat days at the sanctuary. More groups mean more opportunities for transformation and healing for adults and children navigating grief and trauma. Your commitment to our cause is truly inspiring, and we are incredibly thankful for your partnership in positively impacting the lives of those we serve. Thank you once again for your kindness and support.

Please see our donor list on page 3.



We Have a New Podcast!

GRIEF UNTANGLED: STORIES OF TRANSFORMATION & HOPE

Each episode of **Grief Untangled** explores the various layers of grief, offering practical advice, heartfelt stories, and strategies for moving forward with hope. The first three episodes of Season One are available now on Apple Podcasts and Spotify!

Give it a listen and subscribe to the show! To get email updates about the podcast, use the QR code or this link <https://bit.ly/3Vw4U11>.



LOOKING FOR A WAY TO HONOR YOUR LOVED ONE?

Purchase a tree in their memory.

We offer evergreen and flowering trees with a customized memorial stone—text 4MemorialTree to 41444 or email valerie@camberwell.org.



KY GIVES DAY DONOR LIST

Michele S Anderson

Randy Baird, in memory of
Josh & Zach B.

Jerry and Dianna Beyl, in memory of
Charles H. Stewart

Gabriel Beyl, in memory of Kaytryn
Mary Ellen and Joe Bianco

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Tom & Will Jacks



REMEMBERING TOGETHER: ENGAGING ACTIVITIES FOR GRIEVING FAMILIES

Grief is a complex and emotional journey for anyone, but it can be especially challenging for children. As they navigate loss, children need the love, support, and guidance of their trusted adults. Children can benefit greatly from hands-on activities that help them tangibly express their grief. A study published in the Journal of Pediatric Nursing found that activities like those suggested below “can help children express their feelings, improve their mood, and enhance their coping skills.”

Here are two practical, hands-on activities to help children engage and process their grief.

1. Make a memory book or box.

Gather photos, letters, drawings, and other keepsakes with special meaning. Decorate a special box or book to store these special items. Not only is this kind of project creative and cathartic, it helps children feel connected to their loved ones by providing a tangible way to share their memories and the feelings associated with them.



2. Share stories and favorite memories.

Children need to feel safe communicating openly and remembering, so it's important to encourage them to share. Doing so helps them process their grief and is a practical way to keep the person's memory alive. For nonverbal children, art (painting, drawing, or making collages) can be an effective tool to help them cope with loss. Use these questions to get started:

Can you share (write or draw) a funny memory about your loved one?

What special things did your loved one do to make you feel happy?

What did you love the most about them?

What do you miss the most about them?

Can you share (write or draw) a happy memory of your loved one?

Can you share (write or draw) a sad memory of your loved one?

Move these conversations outdoors or take a nature walk to help children feel grounded as they reflect and remember.

- Engaging in these activities as a family can bring comfort, connection, and healing during the grieving process.
- Remember, there is no right or wrong way to grieve, and each child's journey will be unique. By providing love, support, and opportunities for creative expression, you can help your children navigate grief well and find ways to honor the cherished memories of their loved ones.



DONOR SPOTLIGHT: WHY I SUPPORT CAMBERWELL

“Camberwell would not be able to carry out its essential work without the generosity of its donors. I give to Camberwell because I believe in the mission and have personally benefited from its programs. I frequently refer clients and friends to Camberwell. I believe it is one of the most worthy causes our community offers.”

—Laura Rice

Sales Associate/Associate Broker
Lenihan Sotheby's International Realty
CGS Board Member



PROPERTY EXPANSION UPDATE

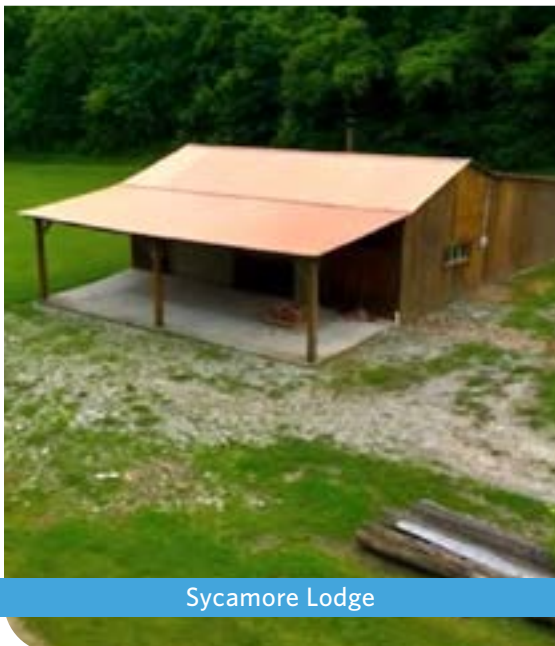
At the end of 2023, Camberwell expanded to 226 acres by purchasing the forested trails surrounding our then 19-acre sanctuary. The expansion includes 4 ready-to-renovate buildings, with each project varying in complexity from minor aesthetic updates (like paint and flooring) to major top-down, inside-out renovations.

With the help of our generous donors, we were awarded a \$125,000 matching grant from the AR-Hale Family Foundation to get started with these exciting projects! We are thrilled to announce the completion of our first project — a drivable bridge that provides easy access to the new Wellness Cottage and Sycamore Lodge.

Thank you to Project Manager and CGS Board Member Luke Haire (Haire Construction, LLC), Paul Lichtefeld, Jr. (Lichtefeld Inc.), and Steve Gibson (84 Lumber) for making this possible with generous donations of supplies, equipment, and services. Because of their generosity, we completed the project thousands of dollars under budget!

Next up are renovations of the Sycamore Lodge. This year-round, multi-purpose space will host large group events, yoga, art therapy, and other grief-related workshops and will convert to overnight retreat space!

To learn more about the project and how you can get involved, contact kelly@camberwell.org.



Sycamore Lodge



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, visit camberwell.org/events.

Thank you to our generous
sponsors for supporting
these ongoing programs
and events: Germantown
Chiropractic, Isaacs & Isaacs,
and Kosair for Kids

Kids Summer Celebration
sponsored by Kosair for Kids
July 13 @ 10:30a

Saturday at the Sanctuary
July 27 @ 10a

Summer Volunteer Day
August 17 @ 10a-1p

Saturday at the Sanctuary
August 24 @ 10a

Third Annual Golf Scramble
September 16 @ 10:30a

Saturday at the Sanctuary
September 28 @ 10a

Fall Volunteer Day
October 12 @ 10a-1p

Saturday at the Sanctuary
October 19 @ 10a

Night of Hope and Remembering
Northeast Christian Church
November 24 @ 4-6:30p

WAYS TO DONATE

Give online at camberwell.org/donate

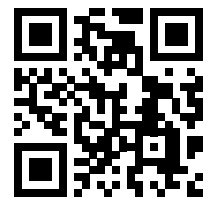
Give on your mobile device by
texting CGSExpansion to 91999

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 QR code.

