



A PUBLICATION OF  
HOSPICE OF THE WESTERN RESERVE

# About *grief*

SUMMER 2023

## Summertime and the Grieving Isn't Easy

By Elisha Evanko, MT-BC

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### STAY IN TOUCH

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### OUR MISSION

*Hospice of the Western Reserve provides palliative and end-of-life care, caregiver support, and bereavement services throughout Northern Ohio.*

*In celebration of the individual worth of each life, we strive to relieve suffering, enhance comfort, promote quality of life, foster choice in end-of-life care, and support effective grieving.*

The summer months bring light, warmth, busy schedules and high expectations. Family vacations, camps for children, pool days, picnics, and walks in the sunshine can feel like an endless cycle of activities and time with family and friends. Although warmth and community may be welcome after the cold of winter and the rain of spring, it can be overwhelming for those who are grieving. The sunshine may not feel joyful, refreshing, and rejuvenating. Vacations may no longer help us recharge. Time spent with family and friends may be frustrating and deplete us of energy. As we grieve, our threshold for how much we can do or how many people we can see lessens. We may not have the energy to be present for others or activities, which can lead to feelings of guilt or shame. Rather than forcing yourself to do everything or judging yourself for intense emotions, I invite you to meet yourself with compassion and embrace the need for a break or a pause.

There's so much movement in life, particularly in the summertime. That pressure can cause us to neglect our needs and over-extend our grieving hearts without taking a breath or taking space for ourselves. Though society tells us that constant movement and business is necessary or defines our value, everything in nature has some form of a break or a pause. I invite you to picture, if you can, an ocean wave. The

wave rises, crests and pauses, then falls. As we breathe, we inhale, pause, then exhale the air that no longer serves us. We need moments of stillness – just like our breath, the ocean, and so many other examples in the world. Amid seemingly constant movement, embracing the pause can provide an opportunity to return to ourselves, become aware of our emotions and thoughts, and take space for what we need. Pausing for moments of stillness is not a sign of weakness; rather, there is incredible power within a pause if we stop and intentionally embrace it. It's okay to not be okay or busy all the time.

As we enter the summer months, I encourage you to embrace moments of stillness and to cherish those opportunities to take a break – without judgement or shame. If you need to spend time alone, embrace the silence and solitude. If you need to stay home while others go outside, stay home as needed and try to enjoy the space. Perhaps you need to make more time to rest, meditate, pray, journal, or simply do nothing at all. Recognizing and embracing our physical and emotional limits without judgment may help us find moments of comfort within the intensity of our grief. As you move throughout this season, I hope you embrace the beauty of stillness and recognize the power of the pause.



# About *grief*

a publication from



**WESTERN  
RESERVE  
GRIEF SERVICES**

**SUMMER 2023  
VOLUME 33/NO 2**

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## FROM THE EDITOR

Welcome to the summer edition of About Grief. Within these pages you will find insights, suggestions, and opportunities for support from the members of our Grief Services team. We've added some new support groups to our calendar, so be sure to take a look. If you have questions about any of our groups, please feel free to reach out to any of the facilitators you see listed. They would be happy to talk with you about what to expect and how to get started.



Though our grief is often overwhelming, I hope that the light of the summer months can offer some moments of relief. Take some time to rest, get outside, and acknowledge even small steps forward in your grief journey. Know that we are here to offer support and resources to you and your family.

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Go green! If you would like your copy of About Grief emailed to you, please send your email address to Karen Hatfield at [khatfield@hospicewr.org](mailto:khatfield@hospicewr.org).



DAVID SIMPSON HOSPICE HOUSE



AMES FAMILY HOSPICE HOUSE



MEDINA INPATIENT HOSPICE UNIT

#### THE VISTA WALK AND TRIBUTE WALKS

## Remember Your Loved One

THE GARDENS AT AMES FAMILY HOSPICE HOUSE, DAVID SIMPSON HOSPICE HOUSE AND THE MEDINA INPATIENT HOSPICE UNIT offer beautiful outdoor spaces for meditation and reflection. Whether it is with a paver or a stone bench, when you dedicate an outdoor tribute to your loved one, you are helping us create an atmosphere of care and healing. Contact us at **855.475.0245** or visit [hospicewr.org/tribute](http://hospicewr.org/tribute) to learn more.





# A New Understanding: Processing Grief through Writing

By Sarah McIntosh, MSSA, LSW

Throughout my life, I have always been a journaler. Once or twice a day in high school and college, I would open my journal and take stock of my day. Random musings, snippets of poetry, or the play-by-play of daily events may come up. But most importantly, this world of written words was my space to reflect on complex emotions, even those I could not fully explain or understand.

Within grief, we may find it hard to verbalize everything we're experiencing. There may be times when writing something down – something you can come back to and reflect on – can be just as helpful as talking to someone about it. Experts in the field of writing and writing theory suggest that the act of writing can allow the writer to produce new ideas and increase awareness. According to the philosopher Paul Ricoeur, "to narrate is to reflect on events and, in the story, a pattern of understanding is formed based on one's own experiences. This interweaving may yield new insights and new stories and create coherence in life that allows the individual to adapt to an altered life situation." Being able to reflect on a loss through writing may allow you a safe and healthy way to process and adjust to your grief journey.

There are various forms of writing that can be used to cultivate a daily writing practice:

**Structured writing:** This can include using writing prompts or doing a specific project like writing a letter to your loved one who died. Examples of prompts that may spark you to write include:

- "Today, I miss...", "Today, I remembered...", "If I could say something to you, I would say..."
- "What feelings am I looking forward to? What feelings do I want to leave behind?"
- "Here are five ways I can be compassionate with myself today..."

**Free writing:** Free writing is typically writing without a prompt or goal in mind – just writing intuitively. The idea of free writing can be intimidating, but it can be an incredibly restorative practice. Free writing asks you to write continuously, without concern for grammar, punctuation, or spelling. It asks that you don't cross out anything and don't let your inner editor try to control what you're writing. Try writing down the first thoughts running through your head in the morning and continue writing. Keep your hand moving and try not to pause to read what you just wrote, as that can unleash that inner editor.

No matter how you decide to give writing a try, know that it can be a safe space just for you, to express your grief in whatever way you need to.

## SAVE THE DATE!

Together We Can  2023  
Camps

Together We Can camps provide the opportunity for kids to be with others who are also grieving the death of a loved one. Camps are expressive in nature and led by experienced facilitators in art, music, play and nature activities. For more information or to receive a registration packet, please contact us at 216.486.6838.

### Five-day

#### Riding Through Grief Fieldstone Farm

16497 Snyder Road, Chagrin Falls  
9 a.m. – noon

June 12 through 16; kids ages 8 – 12

July 17 through 21; teens ages 13 – 17

\$75 registration per camper

In collaboration with Fieldstone Farm Therapeutic Riding Center, this camp is for children and teens who are grieving the death of a loved one. Through riding and working with horses, campers explore grief issues supported by trained counselors. Scholarships are available.

### Three-day

#### Red Oak Red Oak Camp

9057 Kirtland Chardon Road,  
Willoughby

August 8 through 10, 9 a.m. to 3 p.m.

\$25 registration per camper

A three-day bereavement day camp for children ages 6–13 who have experienced the death of a loved one.

Transportation is available from our Lakeshore campus.

Scholarships are available.



# Support Groups

SUMMER 2023

*Unless otherwise noted,  
our support groups are  
open to anyone who  
has had a loved one die.  
Groups are subject to  
change.*

## Community Support Groups and Activities

All groups require advance registration, and the number of participants is limited. Virtual groups will be offered via Microsoft Teams. For more information or to register for a group, please call or email the facilitator listed for that group. Grief support groups provide:

- A safe place to express emotions
- A place to "tell your story"
- Education about grief and loss
- Normalization and validation of your grief experience
- Opportunities to learn new roles, ways to problem-solve and cope with situations
- New friendships
- A chance to laugh

### Circle of Hope

**SERIES** An educational grief support group for adults. Registration is required no later than a week prior to start date.

#### **Ashtabula office**

Five Tuesdays, July 11 to August 8  
10 to 11 a.m.

#### **Susan Hamme**

shamme@hospicewr.org  
440.596.3582

#### **The Robertson Bereavement Center**

Six Thursdays, June 29 to August 3  
6 to 7:30 p.m.

#### **Anthony Burwell**

aburwell@hospicewr.org  
330.662.4245

#### **West Campus (spouse/partner loss)**

Four Wednesdays, August 2 to August 23  
2 to 3:30 p.m.

#### **Carrie Johnson**

crjohnson@hospicewr.org  
216.486.6331

#### **The Robertson Bereavement Center**

Six Tuesdays, August 8 to September 12  
2 to 3:30 p.m.

#### **JoDee Coulter**

jcoulter@hospicewr.org  
330.662.4240

#### **Perry Public Library**

3753 Main St., Perry, OH 44081  
Four Tuesdays, August 8 – 29  
9:30 – 11 a.m.

#### **Nick Peckham**

npeckham@hospicewr.org  
216.383.3782

### Hope and Healing

**MONTHLY** An ongoing monthly support group for older adults grieving the loss of a loved one.

Third Thursday of each month  
10 to 11 a.m.

#### **Grafton-Midview Public Library**

983 Main Street, Grafton, OH 44044  
Call to register 440.926.3317

### Parents Together

**MONTHLY** For parents who have experienced the death of an adult child. This group can be joined virtually or in person.

#### **Lakeshore Campus**

Second Tuesday of each month  
6 to 7:30 p.m.

#### **Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

### Parent Loss

**MONTHLY** A virtual support group for adults adjusting to life after the death of one or both parents.

Second Monday of each month  
6 to 7 p.m.

#### **Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

### Millennial Grief

**MONTHLY** A virtual group for adults ages 25 to 40 grieving the death of a parent or parent figure.

Second Wednesday of each month  
6 to 7:30 p.m.

#### **Kelly DiTurno**

kditurno@hospicewr.org  
440.414.1737

## Overdose Loss

**MONTHLY** A virtual group for adults managing grief after an overdose death.

First Tuesday of each month  
6 to 7 p.m.

**Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

## Spousal/Partner Loss

### New Journey

**MONTHLY** A group for adults of any age who have experienced the death of a spouse, partner or significant other.

**VIRTUAL**

First Wednesday of each month  
6 to 7:30 p.m.

**Vanessa Smylie**

vsmylie@hospicewr.org  
216.763.6441

**VIRTUAL**

Third Tuesday of each month  
6 to 7 p.m.

**JoDee Coulter**

jcoulter@hospicewr.org  
330.662.4240

**IN PERSON**

**West Campus**

Second Tuesday of each month  
2 to 3:30 p.m.

**Carrie Johnson**

crjohnson@hospicewr.org  
216.486.6331

**IN PERSON**

**Kent United Church of Christ**

1400 E Main St., Kent, OH 44240  
Fourth Tuesday of each month  
1 to 2:30 p.m.

**Anthony Burwell**

aburwell@hospicewr.org  
330.662.4245

## Horizons

**MONTHLY** For adults in later life who have experienced the death of a spouse, partner or significant other.

**Lakeshore Campus**

Third Thursday of each month  
10:30 a.m. to noon

**Carrie Johnson**

crjohnson@hospicewr.org  
216.486.6331

## Grief 101

This one-hour class is for those who have experienced the death of a loved one in the past six months. Learn about signs and symptoms of grief as well as helpful strategies.

**IN PERSON**

**East Campus**

Thursday, June 15  
6 to 7 p.m.

**OR**

**VIRTUAL**

Thursday, July 6  
6 to 7 p.m.

**Lisa Florjancic**

lflorjancic@hospicewr.org  
440.853.5365

## Grief In The First Year

**MONTHLY** This group is for adults navigating the important "firsts" in the year following a death. *This group can be joined virtually or in person.*

**Lakeshore Campus**

Third Monday of each month  
6 to 7:30 p.m.

**Kelly DiTurno**

kditurno@hospicewr.org  
440.414.1737

## Grief in the Second Year

Join us to explore the second year of grief including why it can be more challenging than expected, along with ways to grow and cope.

**The Robertson Bereavement Center**

Tuesday, July 11  
6 to 7:30 pm

**JoDee Coulter**

330.662.4240  
Call to register



**HOSPICE OF THE  
WESTERN RESERVE**

### **THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER**

300 East 185th Street  
Cleveland, OH 44119-1330  
216.486.6838

### **THE ROBERTSON BEREAVEMENT CENTER**

5075 Windfall Road  
Medina, OH 44256  
330.725.1900

### **AMES FAMILY HOSPICE HOUSE**

30080 Hospice Way  
Westlake, OH 44145-1077  
440.414.7349 or 835.281.5727

### **ASHTABULA OFFICE**

1166 Lake Avenue  
Ashtabula, OH 44004-2930  
440.997.6619

### **DAVID SIMPSON HOSPICE HOUSE AND LAKESHORE CAMPUS**

300 East 185th Street  
Cleveland, OH 44119-1330  
216.383.2222 or 800.707.8922

### **EAST CAMPUS**

34900 Chardon Road, Suite 105  
Willoughby Hills, OH 44094  
440.951.8692

### **HEADQUARTERS**

17876 St. Clair Avenue  
Cleveland, OH 44110  
216.383.2222 or 800.707.8922

### **LORAIN COUNTY OFFICE**

2173 N. Ridge Road E., Suite H  
Lorain, OH 44055-3400  
440.787.2080

### **HMC HOSPICE OF MEDINA COUNTY**

5075 Windfall Road  
Medina, OH 44256  
330.722.4771

### **WEST CAMPUS**

22730 Fairview Center Drive  
Fairview Park, OH 44126  
216.227.9048

## Grief: Man to Man

For men who have experienced the death of a loved one. Join us for coffee and conversation around common grief reactions, suggestions for managing grief, and resources in the community.

### **The Robertson Bereavement Center**

Saturday, August 26

8 to 9:30 a.m.

**OR**

Saturday, September 9

8 to 9:30 a.m.

### **Anthony Burwell**

aburwell@hospicewr.org

330.662.4245

## Writing Through Grief

A group for adults to explore different writing practices as a creative way to express and process grief. All levels of writing experience are welcome.

### **Lakeshore Campus**

Two Wednesdays, June 14 and June 21  
6 to 7 p.m.

### **Sarah McIntosh**

smcintosh@hospicewr.org

216.486.6364

## Grupos de apoyo en español

### Aliento a Tu Duelo

(Encouragement To Your Grief)

Grupo mensual de apoyo en Español para adultos que han vivido la muerte de un ser querido. Es necesario registrarse antes de cada grupo. Por favor, llamar o enviar un email al facilitador de el grupo.

### **West Campus**

Segundo jueves del mes  
6 a 7 p.m.

### **Karelys Ortiz Santiago**

kortizsantiago@hospicewr.org

440.414.1740



AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

# Support Groups

To register, contact Kathy Failor at **419.625.5269** or **kfailor@steinhospice.org**.

## Clear Skies

A monthly group for adults who have experienced the death of a loved one due to suicide.

Fourth Tuesday of each month

5:30 to 7 p.m.

### **The Chapel, Norwalk Campus**

156 South Norwalk Rd West, Norwalk

## Serenity Seekers

A six-week group for adults who have experienced the death of an adult loved one.

Six Wednesdays, June 14 to July 19

5:30 to 7 p.m.

### **The Burson Conference Room, The Bellevue Hospital**

1400 W. Main Street, Bellevue

## Healing Hearts

A monthly group for adults who have experienced the death of a loved one.

| <b>Healing Hearts<br/>Sandusky</b>             | <b>Healing Hearts<br/>Norwalk</b>             | <b>Healing Hearts<br/>Port Clinton</b>              | <b>Healing Hearts<br/>Tiffin</b>                        | <b>Healing Hearts<br/>Bellevue</b>            |
|--|---|---|---|---|
| <i>First Thursday of<br/>each month</i>        | <i>Second Thursday<br/>of each month</i>      | <i>Third Wednesday<br/>of each month</i>            | <i>Second Thursday<br/>of each month</i>                | <i>Fourth<br/>Wednesday of<br/>each month</i> |
| <b><u>Stein Hospice<br/>Main Office</u></b>    | <b><u>Sheri's Coffee<br/>House</u></b>        | <b><u>Firelands<br/>Presbyterian<br/>Church</u></b> | <b><u>Community<br/>Hospice by<br/>Stein Office</u></b> | <b><u>Bellevue Public<br/>Library</u></b>     |
| 1200 Sycamore<br>Line<br>Sandusky, OH<br>44870 | 27 Whittlesey<br>Ave.<br>Norwalk, OH<br>44857 | 2626 E. Harbor<br>Rd.<br>Port Clinton, OH<br>43452  | 181 E. Perry St.<br>Tiffin, OH 44883                    | 224 E. Main St<br>Bellevue, OH<br>44811       |
| 5:30 p.m. to<br>6:30 p.m.                      | 4 p.m. to 5 p.m.                              | 10:30 a.m. to<br>noon                               | 10:30 to 11:30<br>a.m.                                  | 4 to 5:30 p.m.                                |
| June 1   | June 8  | June 21   | June 8  | June 28                                       |
| July 6   | July 13                                       | July 19   | July 13   | July 26                                       |
| August 3                                       | August 10                                     | August 16   | August 10   | August 23                                     |

## Lunch With Friends

A monthly social group for adults who have experienced the death of a loved one.  
*Participants pay for their own meals.*

| <b>Sandusky</b>                          | <b>Norwalk</b>                           | <b>Port Clinton</b>   | <b>Tiffin</b>                           |
|--|--|---|---|
| <i>Third Wednesday of<br/>each month</i> | <i>First Wednesday of<br/>each month</i> | <i>Second Wednesday of<br/>each month</i>   | <i>Third Monday of each<br/>month</i>   |
| <b><u>Sandusky Yacht<br/>Club</u></b>    | <b><u>Bob Evans Norwalk</u></b>          | <b><u>Bistro 163</u></b>  | <b><u>Paulette's</u></b>                |
| 529 E. Water St.<br>Sandusky, OH 44870   | 4800 U.S. 250 North<br>Norwalk, OH 44857 | The Sutton Center<br>1848 E. Perry Street,<br>Suite 10<br>Port Clinton, OH<br>43452 | 228 S. Sandusky St.<br>Tiffin OH, 44883 |
| noon to 1 p.m.                           | noon to 1 p.m.                           | noon to 1 p.m.  | 11 a.m. to noon                         |
| June 21                                  | June 7                                   | June 14   | June 19                                 |
| July 19                                  | July 5                                   | July 12   | July 17                                 |
| August 16                                | August 2                                 | August 9  | August 21                               |



# Healing Arts Workshops *SPRING 2023*

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is needed, and supplies will be provided. **Please note virtual or in-person format for each group.**

For virtual groups - once registered, you will receive an email invitation that includes a link to join via Microsoft Teams at the time of the group. With a few exceptions, each workshop consists of two sessions, a week apart. At the first session, a theme or topic is introduced, and we have a discussion. You will be given instructions to complete the art assignment during the week using the supplies that have been provided. During the second session we will share artwork and talk about the creative process.

There is a suggested \$5 donation for supplies. If you wish to help allay supply and shipping costs, you may make a donation to the Healing Arts Program. To do so, go to [hospicewr.org](https://hospicewr.org) and click on **Donate Now**.

**Call Mollie Borgione at 216.486.6544 or email at [mborgione@hospicewr.org](mailto:mborgione@hospicewr.org) to register no later than two weeks in advance of a virtual workshop start date or one week in advance of an in-person start date.**

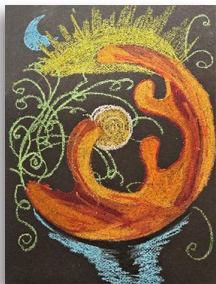


## TALES AND IMAGES: ART AND STORYTELLING SERIES

In this 4-week VIRTUAL art and grief education series, attendees will have a greater opportunity to share about their loved one's personality, life, and their relationship. We will also explore William Worden's Four Tasks of Grieving.

### **VIRTUAL**

Wednesdays, August 30 to September 20  
10 to 11:30 a.m.



## CIRCLE OF HOPE: ART THERAPY EDITION

A six-week art and educational support group for adults.

### **IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Wednesdays, July 19 through August 23  
10 to 11:30 a.m.



## ART FOR RELAXATION: "EASY-PEASY" MOSAIC

Mosaics are essentially "paintings" created with small, colorful pieces of ceramic tile, glass, stone, shells, or wood. With this meditative project, participants will use pasta, beans, beads, and small stones to create a unique mosaic.

### **VIRTUAL**

Both Wednesdays, July 12 and 19  
6 to 7:30 p.m.

### **IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Both Thursdays, July 6 and 13  
6:30 to 8 p.m.

### **IN PERSON**

**West Campus**

Both Tuesdays, July 11 and 18  
6:30 to 8 p.m.



## LANDSCAPES OF THE HEART

Painting a natural landscape can sometimes help reveal one's emotional landscape. Is there a certain landscape that conveys your mood and feeling? Paint from a stock photograph, use one of your own, or just paint how the landscape of YOUR heart feels. (At our Lake Shore Campus, you can paint on our grounds overlooking Lake Erie.)

### **VIRTUAL**

Both Wednesdays, August 9 and 16  
6 to 7:30 p.m.

### **IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Thursday, August 10  
6:30 to 8:30 p.m.

### **IN PERSON**

**West Campus**

Tuesday, August 15  
6:30 to 8:30 p.m.

## **SAVE THE DATE**



## SEASONS OF CHANGE

Do you have a special memory of your loved one associated with each season of the year? Paint or decoupage your memories on four 4-inch slate squares. Photocopies of personal photos may be used.

### **VIRTUAL**

Both Wednesdays  
September 6 and 13  
6 to 7:30 p.m.

### **IN PERSON**

**West Campus**

Both Tuesdays, September 12 and 19  
6:30 to 8 p.m.

### **IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Both Thursdays, September 7 and 14  
6:30 to 8 p.m.



## FABRIC AND FEELINGS

A monthly group where participants come to gather with others who are grieving and create all things fabric, sharing both their grief experiences and fabric arts knowledge with each other. Attendees can create lasting memories of their loved one using pieces of their clothing, or make pillows, quilts, crochet, knit, etc. No sewing expertise necessary.

### **IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Third Thursday of each month, 2 to 4 p.m.

*Western Reserve Grief Services is a community-based grief support program that provides services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.*

## BOOK REVIEW

**By Lisa Florjancic, MA, LSW, CGP**

David Kessler has worked with and interviewed many individuals who are grieving the death of a loved one. He has co-written books and worked closely with the late Elisabeth Kubler-Ross, who introduced the "five stages of grief" that are familiar to so many people. Kessler acknowledges that everyone grieves in their own way and that the stages of grief describe a general process. In *Finding Meaning*, Kessler introduces a sixth stage of grief that he considers an important part of the healing process.

*Finding Meaning* is divided into 3 parts:

- Every Loss Has Meaning
- Challenges in Grief
- Meaning

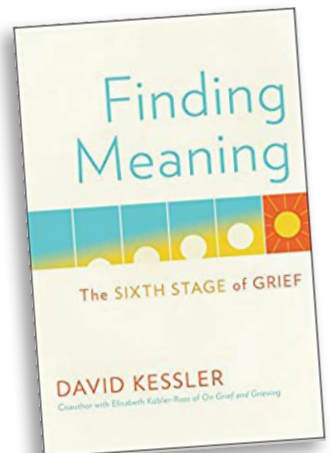
Each part has four to six chapters that include stories from individuals on their grief walk and how they found meaning with the loss of their loved one. Kessler tells each story with empathy, also sharing his own loss experiences, and how he found meaning in each. In *Challenges in Grief*, he approaches

## *Finding Meaning: The Sixth Stage of Grief*

by David Kessler

topics of suicide, complicated relationships, child loss, miscarriage and infant loss, and mental illness/addiction loss.

*Finding Meaning* has many good insights and suggestions to honor our loved ones and find meaning in the grief process. In Chapter 12, I found that the "Love Bursts" that he writes about are so important for all of us to remember. In the Afterword, he touches on losses that have occurred with the pandemic, and four kinds of meaning we can look for. "It's true that sometimes we have to search long and hard for meaning or get help from another to find it. But it's there if we look. All of us get broken in some way. What matters is how we get up and put the pieces back together again".



*Books reviewed by our team can be found at your local library or purchased online or from local bookstores.*