



Delaware Grief Awareness Events November 2014

Please visit the Delaware Grief Awareness Consortium Website www.degac.org for additional event dates as they are added and local grief resources.

Updated 11/3/14, new events in bold.

During the Month of November

“Expressions of Grief” Art Show

Supporting Kidds

Showcased at DE Center for the Contemporary Arts

These works will showcase students' feelings related to loss, death and grief and their ways of coping with these feelings. Please contact us for more information or to get involved. info@supportingkidds.com or call 302-235-5544. **Contest for submissions to November 7th show close on October 24th. See November 7th event for more details.**

Tree of Life

Skyline United Methodist Church

3100 Skyline Drive, Wilmington, DE 19808

Sit a spell and remember your loved one by adding their name to a paper heart embedded with flower seed. Tie this to a dogwood tree on Skyline Drive, and eventually all materials will blow away or disintegrate returning these natural elements to the earth and possibly foster new growth in the form of wildflowers elsewhere. Supplies will be stored near the tree in the front of the church throughout November. For more information visit skylinechurch.org.

Tree of Remembrance

New Castle Senior Center

400 South St New Castle, DE 19720

(302) 326-4209

Come and write the name of your loved one on a leaf and hang it on the tree in remembrance.

Tree of Remembrance

Newark Senior Center

200 Whitechapel Dr., Newark, DE 19713

(302) 737-2336

Come and write the name of your loved one on a leaf and hang it on the tree in remembrance.

November Events

November 1st

**Day of the Dead
All Saints' Day**

November 1st

**Journey of Grief Workshop and Walking on the Healing Path Labyrinth Walk
Delaware Hospice and Milford Wellness Center (co-sponsors)**

Milford Public Library, 11 SE Front Street, Milford, DE

10:00am - 1:00pm

No fee; Registration information: Midge DiNatale 302-300-2179 or Mary VanHouse 302-542-8878 Presentation on Grieving the Loss of a Loved One; Participants will walk through the labyrinth.

- November 2nd** **All Souls' Day**
- November 2nd**
through
November 8th **Delaware Grief Awareness Week**
- November 4th** **Death Café of Wilmington: Discussion of Death**
JTWarweg Behavioral Health Consulting
LOMA Coffee, 239 N Market St., Wilmington, DE 19802
5:00pm – 7:00pm
Free, Pre-registration requested but not required. For more information email deathcafewilmde@gmail.com, Please join as Thanatology experts host a Death Café at Wilmington's popular LOMA Coffee. A group directed discussion and networking event to discuss the many topics surrounding death. We aim to bring a dark topic into the light. Light snacks provided, coffee for purchase.
- November 4th** **How to Live a Full-Heart Life After Loss with Donna Strachan-Ledbetter**
Cancer Support Community – Sussex County
18947 John J. Williams Highway, Suite 312 Rehoboth Beach, DE 19971
3:00pm – 4:30pm
Free, Grief is a normal and natural reaction to loss, and it is emotional, not intellectual. Loss can be many things such as a change of job; a move; loss of a pet; change in life situation; health issues or loss of control; respect or self esteem. Join Donna to discuss ways to live a full heart life after loss. Please call to register 302-645-9150.
- November 5th** **Surviving Grief Panel Presentation**
Soñando Juntos Hispanic Outreach Group, Latino Immigrant Victims of Crime Subcommittee of VRTF and Family Counseling Center of St. Paul's
Woodlawn Library
6:30pm – 8:00pm
A panel of speakers will talk about the challenges of loss, trauma and grief in the Latino communities. An interpreter will be available. For more information contact acanady@nccde.org, kdseipel99@gmail.com, rob@stpaulscounseling.org.
- November 5th** **Panel de discusión Sobreviviendo el Duelo**
Soñando Juntos Grupo de Alcance, Hispano, Subcomité Inmigrantes Latinos Víctimas de Crimen (LIV) (Subcomité del Cuerpo Especial de Derechos de las Víctimas), Centro de Consejería Familiar de San Pablo y el Consorcio de Concientización de Duelo de Delaware presentan:
Biblioteca Woodlawn
6: 30 a 8: 00 pm
Panel de oradores hablaran sobre los retos en cuanto a pérdida, trauma y el duelo en las comunidades latinas. Para más información, contacte a acanady@nccde.org o kdseipel99@gmail.com
- November 6th** **Hablando Sobre Aflicción**
NAMI Delaware
La Red Health Center, 21444 Carmean Way, Georgetown, DE 19947
5:00pm – 7:00pm
The event will have speakers and information for the attendants. This event will allow the audience to talk and ask questions regarding loss and grief. Event will be

in Spanish. For more information please contact Anna Ornelas at aornelas@namide.org.

Este evento tendrá invitados e información para los que asistan. También permitirá que la audiencia hable y haga preguntas con respecto a la pérdida y aflicción. Este evento será en Español.

November 6th

**Good Grief: What's So Good About It by Ralph Plumley, TH.M, CT
Cancer Support Community Delaware**

New Castle Office

4810 Lancaster Pike, Wilmington, DE 19807

6:30pm – 8:00pm

Free, please call 302-995-2850. Ralph Plumley will present the concept of the “good grief” and lead a discussion about what makes it ‘good’. Open to all. Refreshments will be served.

November 7th

Poetry of Loss Workshop

Creative Vision Factory

Creative Vision Factory, 617 N. Shipley St., Wilmington, DE 19801

5:00pm – 8:00pm as part of the Art Loop in Wilmington

Poems will be displayed at the Creative Vision Factory for First Friday. Poems were created during a workshop which was held on October 15th. Free and open to the public. For more information contact Michael Kalmbach at thecreativevisonfactory@gmail.com.

November 7th

“Expressions of Grief” Art Show

Supporting Kidds

Showcased at DE Center for the Contemporary Arts

5:30pm – 7:30pm

Free Art Reception. Works will showcase students’ feelings related to loss, death and grief and their ways of coping with these feelings. 50 works will be selected for the night. Forms online at <http://www.supportingkidds.org/> under Upcoming Events, for more information email info@supportingkidds.com or call 302-235-5544.

November 8th

Art for the Grieving Heart

Delaware Hospice

Delaware Hospice Center, 100 Patriots Way, Milford, DE

10:00am – 12:30pm

Free event, Please RSVP by 11/3 call Robin at 302-678-4444. Any child who has experienced the loss of a loved one recently (ages 6-17) will benefit from an opportunity to express their feelings through creative art. Parents are also welcome for a separate educational session on how to help their child through their grief.

November 8th

The Art of Living Gala

The Miracles for Molly Dunne Foundation

DE Center for the Contemporary Arts, Wilmington DE

7:00pm – 11:00pm

Support those with chronic/life-limiting disease Support for bereaved siblings, \$85 per person, \$150 per couple. For more information visit www.miraclesformolly.org or contact kristen@miraclesformolly.org.

November 10th

The Many Shades of Grief

Division of Substance Abuse and Mental Health

1901 N. DuPont Highway, Springer Building,
Classroom 1 & 2, New Castle, DE 19720
9:00am to 11:00am

Delaware Grief Awareness Consortium members will provide information on how to identify the risk factors for prolonged grief disorder; distinguish childhood from adulthood grief and factors that help children cope with loss, identify 3 different clinical means of addressing grief. No Fee, to sign up visit dsamh.training@state.de.us. For information, contact <http://dtool.dhss.delaware.gov> or dsamh.training@state.de.us.

November 11th

Veterans' Day

November 13th

**An Evening of Remembrance
Seasons Hospice and Palliative Care**

DE City Fire Hall, 815 5th Street, Delaware City, DE
6:30pm – 8:30pm

Parents' families and friends are invited to remember and honor their loved ones who died during the previous 6 months. Prayers, poetry, music and ritual will be presented to offer comfort. This event is for family and friends of Seasons Hospice patients. For more information visit www.seasons.org.

November 13th

Back to Basics

Mental Health Association of Delaware
Chase Center on the Riverfront
8:00am – 3:30pm

\$20 for adults, \$10 for students w/ ID, The 13th Annual Community Mental Health Conference. For more information visit www.mhainde.org.

November 17th

**Loving Arms Parent Support Group
Christiana Care Health System**

Christiana Hospital
Main Building, Room 1000
6:15pm-8:00pm

Support group for Maternity Loss or Early Loss after delivery. No fees. For more information contact tgilchrist@christianacare.org or sallton@christianacare.org.

November 22nd

Survivors of Suicide Loss Day

A Center for Mental Wellness, the Foundation for a Better Tomorrow and the American Foundation for Suicide Prevention

**Fraizer's Restaurant (Banquet Room)
9 E. Lookerman St., Dover, DE 19901**

Event is free, but donations will be accepted at the door. For more information contact Jenna Mahoney at 302-674-1397 or jennamahoney@acfmw.com. Join with a community of suicide loss survivors around the world on this special day. Find comfort and gain an understanding as we share stories of healing and hope. Kindly register in advance at: doverdesurvivorday.eventbrite.com

November 24th

**Hope for the Holidays
Seasons Hospice and Palliative Care**

New Castle County Senior Center
400 South Street New Castle, 19720
10 AM - 11 AM

Open to the public. The holidays present special concerns for people grieving the

death of a loved one. This series will offer tools, resources, and support for people who are facing the holidays after a loss. For more information Natalie Kaplan 302 326-4209 nkaplan@newcastleseniorcenter.com. Additional dates: December 1, 8, 15, 22, 29

December 6th

Holiday Workshop

Delaware Hospice

Delaware Hospice Center, 100 Patriots Way, Milford, DE

10:00am – 12:30pm

Free event, Please RSVP by 12/1 call Robin at 302-678-4444. An opportunity for children ages 6-17 to discuss the difficulties of grief during the holidays and learn some helpful ways to cope. There will be a waffle breakfast and time to create a special ornament in memory of their loved one.

December 7th

Hope for the Holidays

Spicer Mullikin Funeral Homes

Embassy Suites

625 S. College Ave., Newark, DE

2:00pm-4:00pm

Open to the public. Please pre-register by calling 302-368-9500 if you would like an angel ornament engraved with the name of your loved one, please call by Monday, November 25. Additional ornaments can be ordered after that date to be picked up at the funeral home in either Newark or New Castle, but they won't be ready in time for the program.

Ongoing Projects and Events

The Delaware Center for Horticulture Memorial Tree Program

Partnership with DEGAC and TheDCH

For a minimum of \$100, TheDCH will plant a memorial tree in Delaware and give donors a certificate suitable for framing with the name of their loved one. www.thedch.org and click on Tribute and Memorial Gifts.

LABYRINTH WALKS (3 Locations)

Come anytime during daylight hours and experience the transformative nature of walking a labyrinth to still the mind and fill the heart with peace.

Jesus House, 2501 Old Milltown Rd, Wilmington, DE 19808

Helen F. Graham Cancer Center, 4701 Ogletown Stanton Rd, Newark, DE 19713

Delaware Art Museum, 2301 Kentmere Road, Wilmington DE 19806

11/3/14