



April 2014 Digital Edition

Talking With Children About Loss

The stressors of everyday life often seem difficult enough to navigate. When a crisis occurs, normal feelings of anxiety, sadness, grief, helplessness, and even anger can be more exaggerated. Our natural hopes are that we can provide for the comfort and safety of our children. But all too often, negative life events interfere with the sense of competence and peace we strive for. In responding to a crisis, whether it's a death, natural disaster, violence, or trauma the CBC offers the following information as a guide for conversation and support that can help in times of need.

- *Begin with You* – Any effort to assist your child(ren) should begin with reflection on your own needs and intentions. Helping others is most effective when you have found support and comfort personally, and are then able to address the needs of others from a stance of safety, consistency, and availability. *Read more...*

Candle Lighting Memorial

The CBC Candle Lighting Memorial Ceremony is a ritual we hold dearly, as rituals allow us to link our present with our past and our future. They connect us as a community in our shared sense of support.

All participants meet together and bring memorabilia that reminds them of the person who has died. Children share pictures, poems, objects, songs and stories with their CBC family. It gives them a sense of power and control over something outside their control.



This Year's Candlelighting Ceremony dates are as follows:

Coconut Grove: May 19, 2014
Miami Shores: May 20, 2014
Fort Lauderdale: May 21, 2014

Friends, Family Members, and Guests are welcome to attend to see the extraordinary work that happens at the CBC.

Intro to Stacy Hart, from Barbara and Jeffrey Lehrman

Our daughter, Stacy Lehrman Hart, died in 2009.

Within weeks afterward, Barbara and I, our son-in-law, and grandson were in groups at CBC. Our support system was strong and our experience at CBC extraordinary.

Barbara and I try to give back every week by remaining active as facilitators, she in middle school and I in adult groups. The opportunity to be in the groups enables healing which in our experience is an on-going process and which, as importantly, keeps our memories vivid.

Stacy's friends befriended us after she died and have stood by our family in a loving and very meaningful way. They are a unique group of loyal and intensely committed people.

Indeed, after five years they still feel so strongly about keeping Stacy's legacy alive that they have planned a celebration in her honor to benefit CBC.

There is an invitation at right which speaks to the HART & SOUL party. While obviously bittersweet, what could be more welcome than having people remember your loved one and want to celebrate a life well lived.

Please follow link for more event information.

HART & SOUL

Honoring the Memory of Stacy Hart
(pictured with her son, Zach)



Benefitting the
Children's Bereavement Center
Saturday, May 10, 2014
7:30 to Midnight
2100 Ponce de Leon Blvd
Coral Gables
rooftop terrace

Featuring music by the **540s**
Guest MC, **Belkys Nerey** of **WSVN7**
Music, Drinks and Soul food
and a Small Silent Auction

Tickets \$100 per person / 2 for \$150
RSVP Lori Tashman icorrada@aol.com

Sponsored by
Artisan Beer from Daddy Brews
GreenRocks Foods
LinqFinancialGroup

Images from CBC Events
May be viewed and downloaded on



Thank You to



Designer Italian Furniture
Our Gracious and generous host of



And Thank you to: Our **Event Chairs Gary Mansfield and Marconi Nazizeni**
Our Sponsors

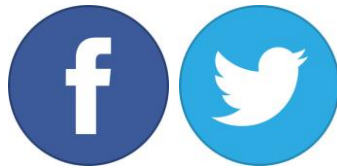


On May 6th 2014, from 12:00 a.m. to 11:59:59pm, the CBC is participating in Give Local Miami.

Donations will be stretched further by matching funds when you donate through CBC's [Give Local Miami](#) page.

Please consider supporting us during this 24-Hour online giving event.

And please share this campaign with your friends and followers on Facebook and Twitter. Your support will go a long way in helping grieving kids and families.



Lift From Loss
Support for Adults after Loss

Our goal at the CBC is to provide a loving and supportive environment for children, families and adults after the loss of a loved one.

Over the years we have found the need to create separate groups for our community's younger and adults so that they too can find healing with the support of others who may understand their loss experience. We now have Lift From Loss groups for older adults at both Temple Judea in Coral Gables and Temple Beth Shalom on Miami Beach. Our Lift From Loss for younger adults at Hillel on the University of Miami campus remains strong.

Thank you to our community partners for allowing us to serve the bereaved in our community.

[Visit the new CBC website](#)



**Children's
Bereavement
Center**

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