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Staying in touch and strengthening support...

CBC's Touchstones

a newsletter for friends of the Children's Bereavement Center
December 2013 Digital Version

Happy Holidays!



Holiday Candle Lighting Ceremony

The CBC Candle Lighting 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

Prepare To Rock!

our shared sense of support. Unlike a regular group night where children are with same-age peers and parents/caregivers are together in bereavement support groups, participants share the evening together with their family, friends and their CBC community.



In our CBC candle lighting, all participants, kids and adults, are encouraged to bring memorabilia that reminds them of the person who has died. Children have shared pictures, poems, objects, songs and stories with their CBC family. When a child is able to stand in front of a group of over 100 people and say "I'm Johnny and my daddy died" it gives them a sense of

power and control over something they have learned is outside their control. It allows them a sense of ownership and comfort in what is now their family's history. This



March 8, 2014



Thank you to everyone who participated in our recent "Art For Healing" fundraiser that took place at Anima Domus in the design district on December 5th. With your help, we sold more than 130 raffle tickets and were able to introduce nearly 250 people to the Children's Bereavement Center and its' mission.

We know that Art Basel week is a very busy time and we therefore have an even greater appreciation for your participation and support.

new reality is their story.

[Take a look at some inspiring moments from our candle lighting ceremonies](#)



Special thanks to Bret Lopez for generously sharing his artistry on behalf of the CBC. To purchase Bret's original photography as seen at "Art for Healing" contact him at

310-562-4451 or info@bretlopez.com

[To see and/or download pictures from Art For Healing, check our Flickr album](#)



Thank you to those of you who participated in the Children's Bereavement Center's (CBC) 5K, *Steps For Healing*, at Zoo Miami. Given your support we have had our most successful *Steps* to date, raising \$50,000!

These much needed funds enable the CBC to continue to provide free peer support to grieving children, adults and families.

[To see and/or download pictures from Steps For Healing, check our Flickr album](#)



Holiday Hints from the Children's Bereavement Center

Anticipation of a new experience, ritual, or event is often more overwhelming than the event itself.

Holidays are especially difficult and often filled with ambivalence even during the best of times. For those of us who have suffered the death of a loved one, the holiday season seems especially complicated and can be filled with mixed emotions.

There is no right or wrong way to deal with the holidays, we must each decide what feels best and is most comforting. First and foremost, try to be kind to yourself. Follow your instincts and desires. Although some people find comfort in speaking with a supportive friend or confidante, this may not be what you find helpful. If you do choose to share your experience with others, try to include your loved one's name in conversation and recollect past holidays and joys. Cherish and embrace the treasure of your memories... [\(click for full article\)](#)

We are here after loss. If you, or someone you know, has experienced a significant death, our **Free** Peer Support Groups offer participants the chance to share their loss, normalize their experience and connect with others in similar situations. We offer weekly groups at locations in Miami-Dade and Broward for kids, teens, young adults(18+), older adults(40+), and their families. Pizza is provided, and did we mention Groups are **Free**? Give us a call today, 305-668-4902.

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