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Staying in touch and strengthening support...

## *CBC's Touchstones*

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

### Today is Children's Grief Awareness Day

Thursday, November 21, 2013 marks the national recognition of Children's Grief Awareness Day. The Children's Bereavement Center (CBC), now in Miami, Miami Shores, and Broward, as well as national associations such as the National Alliance for Grieving Children (NAGC) is engaged in outreach and awareness campaigns to make the Thursday before Thanksgiving an annual, national day of recognition. Children are the forgotten mourners. This day is intended to bring light to the children in our communities who have experienced the loss of a loved one.

Show your support by wearing blue and recognize the needs of grieving children in our community.





## 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... [\(click for full article\)](#)



### Art For Healing - Art Basel Miami

This is an incredible opportunity! Photographer Bret Lopez will be showcasing

work from his Flora and Fungi series during Art Basel in the beautiful designer setting of Anima Domus! A signed series of three original photographs (valued at \$9,000) will be raffled to benefit the children and families of the CBC.



*Red Oriental Poppy by Bret Lopez*

**BUY RAFFLE TICKET**

**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, adults, and their families. Pizza is provided, and did we mention Groups are **Free**? Give us a call today, 305-668-4902.

[Save the Date](#)



## CBC Site Partners



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