



THE AUSTIN CENTER FOR  
**Grief&Loss**  
*Hope › Healing › Transformation*

“Every end is a new beginning.”

Mark Nepo

A healthy and hopeful new year from all of us at The Austin Center for Grief and Loss !

January is a nostalgic time of the year when we look back at what has been - evaluating, cherishing, and noticing the moments of significant change. It is also a forward reaching time of the year when we make careful and hopeful plans, searching the upcoming months for opportunities to renew our lives. All of this is certainly true for us here at AustinGrief.

In 2016 we not only changed our name from My Healing Place to The Austin Center for Grief and Loss, but thanks to a radically generous gift, we were able to move from our offices on Shoal Creek to our very first home on Greenlawn Parkway. So, in some ways our last six months have been all about change - saying a gracious good-bye to what was dearly loved and embracing a fresh, new future. Certainly all of us here at Austin Grief and Loss understand and appreciate the efforts of transitions such as these.

We also know that making big transitions can be a sacred time in which we pause to look at what we value about how we have grown thus far and make those basic principles the foundation for who we want to become. AustinGrief has certainly taken the values upon which My Healing Place began and made them the very roots out of which we will grow.

With compassionate care, consistent availability and patient, professional understanding, grief can become the opening into a fuller and more deeply connected way of life. This is the truth we at AustinGrief seek to exemplify, encourage and enable. Not that the loss of a precious loved one is ever the

sacrifice we would willingly make for that to happen, but it is the gift we may receive when it does. AustinGrief seeks to continue its journey toward providing a place where the Austin community can find this kind of support and guidance. We also hope to grow our presence as the source of bereavement education in the greater Austin area, because we know that with early intervention, positive transformation can come from deep and tragic loss, preventing years of unresolved pain. Our dream is to help create many circles of healing and transformation throughout our city.

So, as we approach, 2017, our 10<sup>th</sup> anniversary, we celebrate all the amazing cooperative effort and support from our beloved community of donors, Board members, volunteers and professional staff. It is because of all of you that we enter this anniversary year with enthusiasm and eager anticipation for the work ahead. Thank you for being a part of it all! Without your help we could not be here.

From all of us at AustinGrief to all of you - the happiest, safest and most beautiful new year !

Janie Cook  
Ambassador of Hope

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## Upcoming AustinGrief Events

### **Healing Hearts Therapeutic Writing Group (6 weeks)**

Location: ACGL 2413 Greenlawn Parkway Austin, TX 78757

Dates & Times: Thursdays 3/23, 3/30, 4/6, 4/13, 4/20, 4/27 from 7pm-8:30pm

Led by: Lori Pelliccia, LPC-Intern & Kristy Peloquin, MA in Creative Writing

Fee: \$50 per session (reduced fee scholarships available, please call to inquire).

### **Perinatal Loss Professional Workshop**

Led by: Elaine Cavazos, LCSW.

3 hours of CEU's included for LPC, LMFT, LCSW.

Details to be announced.

### **Pregnancy Loss Art Group**

Led by: Rachel Saffer, LMSW.

Open to women who have experienced pregnancy loss.

Details to be announced.

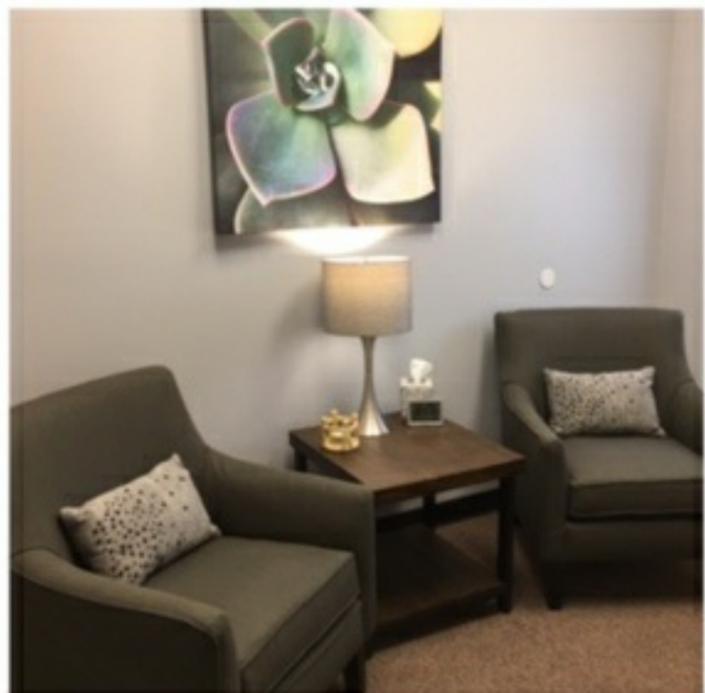
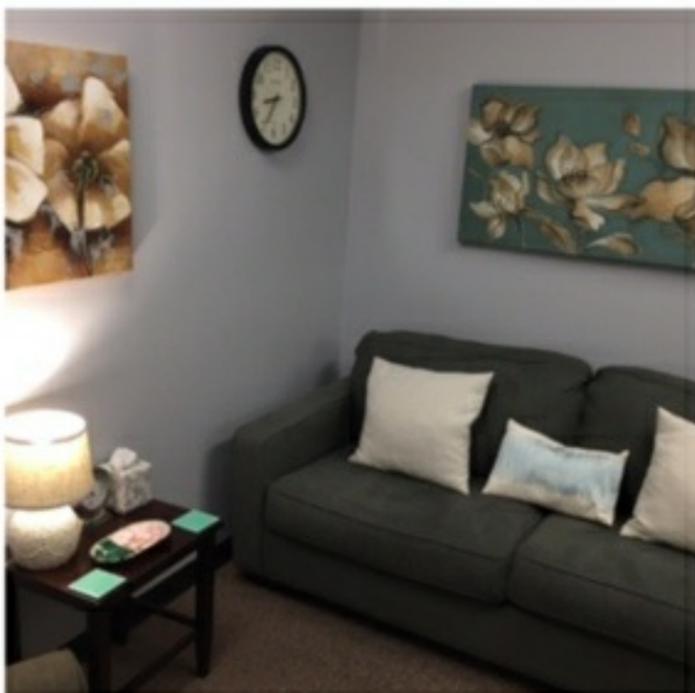
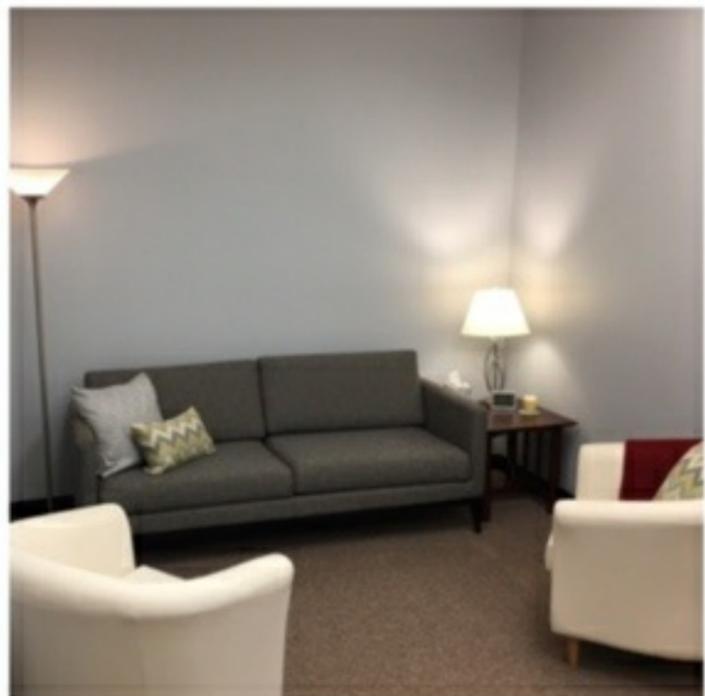


"Your choice to create AustinGrief was a choice to save lives and light a torch of hope, grace, and faith to darkened places embodied by those who needed a place to save their own lives." Every person moved from loss to life contributes to a healthy and whole community. We rely on your contributions to make this possible. Mark your calendars for Amplify Austin March 2-3.

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## Welcome to your Community

We could not be more grateful for our beautiful new home. Volunteers and staff have put a lot of love into getting our home ready to welcome the community, individuals and families that we serve.



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**A Message from Brittany Neece,**

## Clinical Director at AustinGrief

As we have gotten underway in this new year, we've already experienced a lot of surprises. To everything from crazy, inconsistent weather changes to new, radical political discussions - well let's just say change is in the air. Change can often be hard and anxiety-provoking. It can also be fun and exciting. Yet it continues to amaze me how often we find ourselves fighting against change with all out might, especially when it comes to grief.

When we're facing a time in our lives where unwanted changes are being forced upon us, it sometimes seems too much to handle. One thing that helps me during these times is intentionally practicing the art of movement, and of finding control. We are told by so many spiritual and world renowned leaders that it's important to lean into pain, not necessarily to fight it. I think grief is the epitome of this concept. When this world forces unknown or unwanted change into our lives, we have to learn how to surf through the waves that come with it - continuously moving, and regaining our balance.

In doing this, we learn more about what we have control of, what we do not, and what to do about it. One of the greatest gifts we can give or receive in grief is the loving presence of one another. Don't forget about your grief community - those, like all of us at ACGL, who know and understand what this process can be like. Let us rely on one another, in times of sadness, in pain, in joy, and in delight. We can ride these waves together, working as a unit to help regain our balance, and hold onto hope when it seems distant or out of reach. Our community is here, right in front of us. But we still have to take action - to look up, see it, and use it! Let's start the new year with this simple yet important intention: Take care of ourselves, take care of one another, and know that we are loved.

Wishing you blessings and love as we start this year,  
Brittany Neece  
Clinical Director of the Austin Center for Grief & Loss

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**Interested in Volunteering**



Austin Grief has a compassionate volunteer community. If you would like to be a part transforming lives

after loss please consider being a part of our community. We have numerous ways you can support hope, healing and transformation, including child care during our evening support groups, event coordination, fundraising, special projects, group facilitation and Board Committee members.

Please contact Rachel Saffer at [Rsaffer@austingrief.org](mailto:Rsaffer@austingrief.org) for more information.



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