Welcome to summer 2020 wonderful supporters, volunteers, and clients. We could not do the transformative work we do here to move people from grief and loss to hope and healing without each of you. So, first and foremost, thank you, thank you, thank you!

Zoom fatigue is setting in and people are going a little stir crazy from having to stay, for the most part, in their homes and socially distant. People are experiencing many losses: loss of health, loss of jobs, loss of community, and loss of any sense of normalcy and security. Austin Grief is here to meet the needs of people experiencing these losses.

We have expanded therapy services via telehealth platforms to support anyone suffering anxiety, stress, trouble sleeping or any other mental health impacts due to COVID-19 and the social upheaval we are all experiencing. Austin Grief also is offering therapy groups and support groups via virtual platforms. To date, we have 11 groups up and running and are planning to add more. We expect to resume our school-based grief groups when students return to school in the fall, either in person or virtually using telehealth platforms.

The demand for mental health services has increased exponentially in the last 3 months. Austin Grief is providing therapy to 100% more people than it did prior to the advent of COVID-19. That is why it is vital for Austin Grief to continue to be able to meet the greater need for mental healthcare to support those experiencing any type of loss and grief, especially during these difficult times.

We appreciate the support of each of you and we look forward to working with you to continue to serve our community in need.

In Your Service,
Kim Nugent-Anderson

ANNOUNCEMENTS

A Reason to Smile

You can easily support Austin Grief when you shop on Amazon with
AmazonSmile. Designate The Austin Center for Grief & Loss as your charity of choice with one click and donate while you shop. Easily select Austin Grief on your computer and phone. Doing good while shopping, that's a reason to smile.

Amazon Smile - Austin Grief

Kendra Scott Gives Back

Shop for Good

In-Store Event
Saturday, July 25th
10:30 am - 12:30 pm

Virtual Event
Friday, July 24th & Saturday, July 25th
10:30 am - 12:30 pm

20% of profits go to Austin Grief!

Austin Grief Expanded Services
Moody Foundation Grant Awarded

The Austin Center for Grief & Loss has been awarded a $50,000 grant to assist with our expanded services in response to the COVID-19 pandemic crisis. The Moody Foundation grant will allow Austin Grief to continue and increase our services to people impacted by COVID-19.

Burdine Johnson Foundation Grant Awarded

The Burdine Johnson Foundation has awarded Austin Grief a $20,000 grant towards school-based grief group services in Hayes CISD schools. The grief support groups may be provided virtually due to COVID-19 pandemic, in partnership with Communities in Schools.

Support Groups Online

Austin Grief has successfully transitioned to reopen our peer based support groups online. There are currently 11 ongoing groups providing support to over 300 people. A teen support group has
recently begun, facilitated by Scott Van Camp, LMFT. Additionally, several new support groups will begin in the coming months.

UPCOMING EVENTS

Camp Red Bird

ONLINE with NEW DATES! July 20th - 24th
FREE to ALL CAMPERS
Registration open through July 13th

Camp Red Bird is a bereavement summer day camp for children ages 6-12 that have experienced the death of a parent, sibling, or primary caregiver. It is a safe place where kids can laugh, cry, play, create, remember, learn that it is okay to grieve, and to understand that they are not alone. Children who attend camp learn to develop healthy coping skills in a safe and supportive environment.

Camp Red Bird is going virtual this year! Due to the ongoing Coronavirus Pandemic, Austin Grief made the difficult decision to forego in-person Camp Red Bird this year and switch to a virtual platform. Campers will be able to do activities, crafts, play games, talk to peers and support each other just as they would in-person. In addition to going virtual, Austin Grief will be providing campers with a 'camp in a box' full of fun supplies for the week. 'Camp in a box' will have activities that campers can do with their families or on their own and share with the group.

Camp Red Bird will look different this year, and we know our campers will have an engaging, supportive, and fun experience. Austin Grief Camp Red Bird Director and facilitators are very excited to continue to provide Camp Red Bird to bereaved children in the community.

Click the link below for more details and to register or email Rachel Saffer, Children's Program Director, at rsaffer@austingrief.org.
Thank you to our Torch Bearer Sponsors

Holders of Hope secures the funding needed to provide the important services The Austin Center for Grief & Loss offers to our community. During the Gala we are pleased to showcase many of the services we provide. Our Gala is called Holders of Hope for one reason. Austin Grief is committed to standing in the space of grief and helping our clients hold onto that tender hope for the future.

Please join our growing number of generous individuals and businesses who offer gifts of financial support, time, and energy to help fulfill our mission. The time is now to appreciate in the healing that takes place at Austin Grief. Please contact Kim Nugent-Anderson for additional information, knugnetanderson@austingrief.org.
COMMUNITY IMPACT

St. Edward's University
Austin Grief facilitators participated in a panel discussion for graduate students at St. Edward's University, led by Paula Loring, LCSW-S, focused on facilitating grief support groups.

Communities in Schools Grief Training
Rachel Saffer, LCSW, Children's Program Director, provided a training to the Communities in Schools incoming thirty AmeriCorps interns on the topic of the grief experience of children.

Partnering with Medical Providers
Austin Grief is reaching out to a number of medical providers to create partnerships where Austin Grief provides mental health support services to patients and front line medical workers.

Employee Assistance Program Provider
The Austin Center for Grief & Loss is the approved provider for a Houston company, offering mental health support to employees and dependents through the EAP program.

YOUR AUSTIN GRIEF COMMUNITY

A Message from our Clinical Director

Although it now seems like a lifetime ago, things made a drastic shift somewhere around St. Patrick’s Day of this year. The phrase COVID-19 was just entering the vernacular of our culture and although we in Austin were beginning to hear stories of what was happening in New York City, it seemed very far away.

Within a matter of weeks we had received the news that SXSW had been cancelled and a growing polarization in response to the pandemic had begun in our city. The issue of physical health and fiscal health was now an issue.

Fast forward to July and the news that our country is now recording
over 50,000 new COVID-19 diagnoses per day, and over 130,000 Americans have lost their lives to this disease; some accounts suggesting this pandemic to now be the leading cause of death in our country. Despite this data, Austin and many other US cities are facing heavy emotional, financial, and political pressures to return to normal. Through this (roughly) 3 month stretch of time, we have been bombarded with tragic news related to sickness, financial recession, and racial atrocities and civil unrest. We seem to have an unprecedented season of collective grief, fear, sadness, and anger.

As the Clinical Director of The Austin Center for Grief & Loss, and a private practice psychotherapist; I have experienced the last 3 months as a deeply intimate privilege to use clinical training and experience to compassionately and supportively walk with people through this season of collective adjustment disorder and trauma. To paraphrase the DSM-5, adjustment disorder is characterized by emotional or behavioral symptoms causing impairments in social, occupational, and other important areas of functioning that occur within 3 months of a specific stressor. The DSM-5 further states, “once the stressor or its consequences have terminated, the symptoms do not persist for more than an additional 6 months.”

Our current stressors have not terminated or even dissipated, therefore it is evident that these specific clinical considerations will remain relevant for at least the next 6 months to 1 year.

As many of you know, we at Austin Grief have expanded our scope of service offerings to include the adjustment symptoms highlighted above. Many people are referring to these symptoms as grieving our loss of normalcy and as such; Austin Grief is truly an essential asset to our community. In addition to our commitment to the greater Austin area, we have been working to partner with organizations in Houston to provide similar telehealth services in those cities.

These current times require adaptability, and Austin Grief is committed to assessing needs in Austin and our state of Texas, and offering services that meet these evolving needs. Austin Grief stands as a pillar of hope in a time of uncertainty, and we are truly thankful to all of our clients, volunteers, staff, board members, and donors. Thank ya’ll, for supporting Austin Grief in supporting our state and community!

Scott Van Camp, LMFT
Clinical Director

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**Community and Connections Continue**
In this season of uncertainty and concern, our volunteers have continued to serve their community by offering hope and connection. Our dedicated and caring volunteers started returning to service in May to resume 11 different support groups for adults and children. Austin Grief volunteers eagerly pivoted to a virtual platform to offer a safe meeting solution to support their peers. Volunteers are also meeting monthly in a virtual forum to share and increase their knowledge of grief and facilitation.

Additionally this spring, 10 new volunteers completed 24 hours of training and have started their apprenticeships by observing current support groups and volunteer facilitators.

As always, Austin Grief Volunteers have stepped up to continue our mission of offering hope, healing, and transformation to the Austin community.

For more information on volunteering please visit the Get Involved section of our website or contact Regina Smith at rsmith@austingrief.org.

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**Holder of Hope Giving Circle**

Please financially support The Austin Center for Grief & Loss and become a Holder of Hope Giving Circle member. Hope can be fleeting for those experiencing a loss - death, divorce, or other tragedy. A death often leaves people isolated and alone. By contributing a gift of $10, $25, $50, or $100 per month, you will become a Holder of Hope Giving Circle member. You will help sustain our important mission and work.

On behalf of our clients, staff, and board of directors, thank you for your support and for helping The Austin Center for Grief & Loss bring about transformation in the lives of our clients and making aspirations, ambitions, expectations and dreams possible again.

**Support Austin Grief**

**Donate**, without your support, we could not continue to change lives providing hope, healing and transformation. To make a donation visit our [website](#) or click the link below.

**Holder of Hope Giving Circle**, by contributing a gift of $10, $25, $50, or $100 per month, you will become a [Holder of Hope Giving Circle](#) member and will help sustain the much-needed work of providing hope, healing, and transformation.
**Sponsor** Holders of Hope 2020. For more information visit our website, [Holders of Hope](#).

**Referrals**, individuals can schedule an intake appointment by phone at: 512.472.7878 or [online](#) anytime. For consultations or trainings in the community please call 512.472.7878.

**Shop** and give at the same time! When you shop using [Amazon Smile](#), [Freytag's Austin Community Bloom's program](#) and even using your Randall's card!

**Spread the word** and let your community know why you support The Austin Center for Grief & Loss.

[DONATE TODAY](#)

[www.AustinGrief.org](#)
2413 Greenlawn Pkwy., Austin, TX 78757
512.472.7878

[Robly](#)