



Good Grief, It's the Holidays!

MHP Resources for "Grief Relief" During Holidays

The holidays are quickly approaching as 2015 comes to a close. With businesses offering pumpkin spice varieties of any and all of your favorite products ("[29 of the Most Ridiculous Pumpkin Spice Products](#)") and Christmas decor going up around every corner, the holiday spirit can be downright inescapable. While many of us revel in soaking up the merriment of the season, others would be happy pushing the fast forward button to when it's all come and gone.



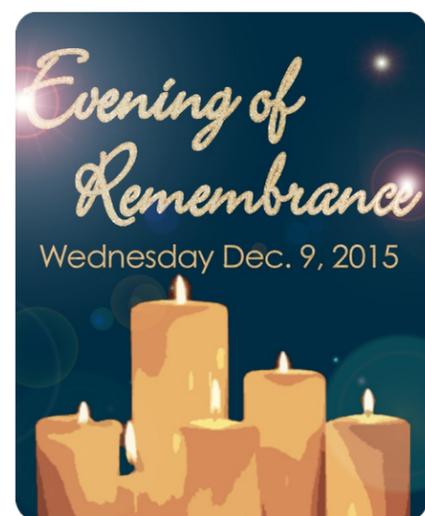
When we are grieving the holidays can be especially difficult. However, we hope some of our resources found on [our website](#) can help you through it.

Check out the following resources to make the most of your holidays:

- [Surviving The Holidays](#)
- [Holiday Grief: A Time of Incongruence](#)
- [25 Ways to Honor Your Loved Ones](#)
- [Holiday Help List](#)
- [Helping Grieving Children Through the Holidays](#)
- [Keeping the Holiday Spirit Alive During Divorce](#)
- [Surviving the Holidays While Surviving Divorce](#)

We hope those of you who may know someone grieving a loss this holiday season will share these resources and the work that we do, as it

UPCOMING EVENTS



MHP Holiday Hours

The MHP Offices will be closed the following dates in observance of holidays:

- **Wed 11/25/15 12 pm - Fri 11/27/15**
- **Thur 12/10/15 from 12 - 1:30 pm**
- **Thur 12/24-Fri 1/1/16.**



BOOKCLUB CORNER

could make a huge difference to someone struggling.

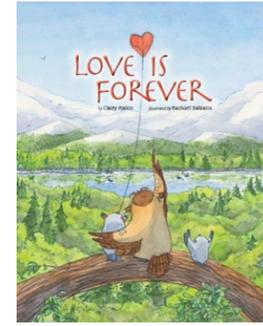
Take care of yourselves and your loved ones, and we wish each of you joyous and peaceful holidays!

Love, The My Healing Place Staff

Give the gift of healing: donate in memory or honor of someone special this holiday season!

[DONATE NOW](#)

Love is Forever
by Casey Rislov



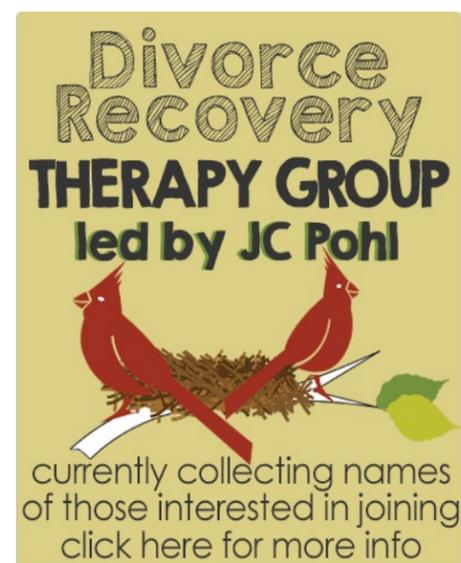
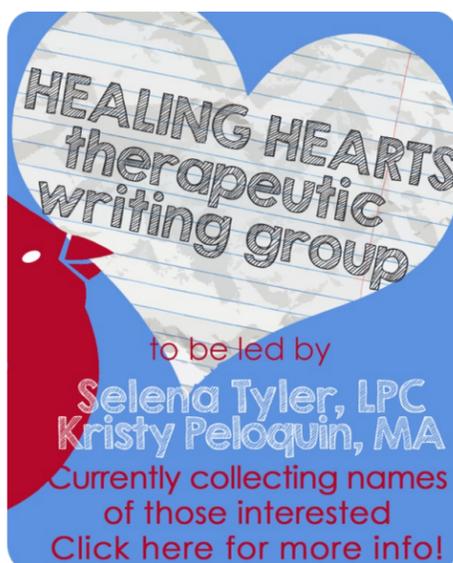
Rislov's children's book is a beautifully illustrated, heartwarming message for our young griever--as well as youth tackling the idea of death-- of the permanence of love and the connection to those we have lost.

Therapy Groups Forming Now!

MHP therapy groups:

- are led by one to two mental health professionals,
- encourage members to challenge themselves to grow and develop insight into behaviors and emotions,
- usually consist of 5 to 8 members,
- are often closed after their second meeting,
- meet for a set period of time such as 8 or 12 weeks.

Interested in joining one of our therapy groups? [Let us know by clicking here!](#)



Interested in joining a therapy group we don't offer? Let us know!
If we get enough people interested in a topic, we can absolutely get one started.

info@myhealingplace.org or **512-472-7878**.

MHP Therapists Present at Austin AMFT Spotlight Series



MHP staff therapist and [Teen Truth](#) founder JC Pohl was featured along with MHP Clinical Director Brittany Neece at the first ever Austin Association for Marriage and Family Therapy (AMFT) Spotlight Series October 21st. Brittany and JC, award-winning producer and nationally renowned anti-bully speaker, collaborated on a 3-hour session on bullying and trauma recovery. In addition to his work at

Teen Truth, JC also led our Divorce Recovery Workshop this past summer, and will be leading our [Divorce Recovery Therapy Group](#) soon.

Become a Healing Helper: Volunteers Needed

Volunteer Support Group Facilitator Training Coming Up

Our volunteers are the lifeblood of our organization. As a small non-profit organization, we literally could not function without the help of active community members. From our amazing Board of Directors to our facilitators, to the folks who help with our mind-numbing data entry, everyone can play a part in the healing that happens here.



Our support groups depend on our volunteer facilitators. The biggest thing that sets our support groups apart from other organizations is the quality of our specialized

training, developed by our founder Khris Ford, kept up to date and delivered by our Clinical Director Brittany Neece. The complete training consists of 18 classroom hours spread out over 5 meetings and 2 group observations.

If you are interested in becoming a facilitator or helping out in any other capacity please contact [Rachel Saffer--rsaffer@myhealingplace.org](mailto:rsaffer@myhealingplace.org).

2015 HOLDERS OF HOPE: RECAP



We had such an amazing time celebrating our work with clients, donors, friends and family at this year's Holders of Hope. Darden Smith's talent for sharing stories through music expressed MHP founder KhrisFord's story so beautifully. Support group member Lisa Kurek shared her journey and that of her daughter Sophia with awe-inspiring bravery and eloquence. With the combined generosity of our sponsors and gifts given that evening, we surpassed our fundraising goal and will be able to continue empowering those who are grieving to heal and transform their loss.

[SEE OUR LIST OF SPONSORS](#)



In light of current international events, and the impending holiday season, we wanted to leave you with something uplifting. Here at My Healing Place, we believe wholeheartedly in the power of positivity. So, if you find yourself feeling discouraged, downtrodden or just a bit blue, try using this quote as a mantra to lift your spirit.

“I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death.”

Robert Fulghum

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