



Ele's Place Ann Arbor
is here for YOU
Today ♥ Tomorrow ♥ Always
Call us at 734.929.6640

No Child or Teen Should Grieve Alone

December 2020 Newsletter

YOUR Newsletter Includes:

- NO FEE Virtual Grief Support Groups – GROWING STRONG
- YOU Make THE Difference - THANK YOU for HEALING HEARTS at the Holidays
- Thank YOU – Community Partners GIVE BACK
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NO FEE Virtual Grief Support Groups – GROWING STRONG



A healing
center for
grieving
children
& teens

Ele's Place Ann Arbor continues to see increased attendance at our **VIRTUAL peer support groups** on Monday through Thursday evenings. These evening support groups meet two weeks per month and serve grieving children and teens ages 3-18, and their parents and guardians, at no cost to the family.

AND, we are thrilled to report that several of the Fall 2020 **VIRTUAL school peer support groups** (Ele's Group) are wrapping up their sessions. Planning and registration for the Winter 2021 school group sessions are underway and will begin in January.

If you have a grieving child or teen in your life, our Clinical Program Staff is available to help! Please call Ele's Place Ann Arbor at 734.929.6640 to learn more about our no cost, virtual peer support programs.

**YOU Make THE Difference -
THANK YOU for HEALING HEARTS at the Holidays**

YOU help heal grieving hearts in our community – **YOUR** gift ensures our peer support groups remain **FREE OF CHARGE!**

Many grieving children and teens feel alone, keep their emotions inside, and do not want to burden their family members. Often, friends do not seem to understand if they have not had a similar experience.

At Ele's Place Ann Arbor, children and teens have a place to share their story and memories, explore their feelings, learn coping skills, and meet new friends who understand them. A variety of activities are used to help children and teens express their fears, anger, guilt and sadness while processing their grief.

Thank **YOU** for thinking of Ele's Place Ann Arbor during the holidays!



**Click Here to Heal a Heart
TODAY!**

Thank YOU – Community Partners GIVE BACK



Thank YOU **Ann Arbor Distilling Company** for creating the “**Red Hearted Julep**” for Ele's Place Ann Arbor and GIVING BACK to us! This amazing canned cocktail may be enjoyed anytime of the year, including the holidays (and at Derby time!)

\$5 of every 4-pack supports Ele's Place Ann Arbor, a healing center for grieving children and teens. Order your Ele's Place Ann Arbor “Red Hearted Juleps” online for curbside pick-up: <https://annarbordistilling.square.site/product/red-hearted-julep-the-official-cocktail-for-ele-s-place/177> (PLEASE NOTE - the “**Red Hearted Julep**” is VERY popular, and from time to time MAY be out of stock – PLEASE keep trying – they are being made as fast as possible!)



Shop at **Target** AND support Ele's Place Ann Arbor! Find out more about Target Circle here: www.target.com/circle. It's easy! Thank YOU!

Holiday shopping at Target stores in and around Ann Arbor? Did you know you earn more (and MORE) chances to VOTE for us with Target Circle? Through 12/31, vote for Ele's Place and we receive a portion of the available Target funds to support grieving children and teens in our community.



Thank YOU **M4 CIC** for supporting Ele's Place - Ann Arbor and GIVING BACK a % from the local sales of Ele's Place “**Nitro Infused Tea**” made by **Reputation Beverage Company**! AND, thank YOU to the local stores selling the Ele's Place Nitro Infused Tea!

**Argus Farm Stop on Liberty
Blue Front Ann Arbor**



Thank YOU **Greenhills School** students for making “Family Winter Activity Kits” for our grieving families! As part of an at-home service project, the students created kits for Ele’s Place Ann Arbor families to have on hand over the holidays, while school and our peer support groups are not in session. Each kit includes instructions and supply lists for two family activities: “Wheel of Coping Skills” to encourage family members to share feelings and coping strategies with each other, and “Circle of Hearts” to encourage sharing of everyone’s different feelings of the heart, as well as the different ways to cope, give love, and feel loved when grieving. The kits also include a “Coping During the Holidays” handout which we have included in this newsletter (please see the “Grieving & the Holidays – Helpful Messages” section below)!



Ann Arbor South

Thank YOU **Hampton Inn Ann Arbor South** for GIVING BACK to Ele’s Place Ann Arbor during the month of December! Use this link to book your stay <https://bit.ly/2VBmJWv> and mention Ele’s Place Ann Arbor at check-in AND a portion of your hotel fee supports the grieving children, teens and families we serve in our community!

Grieving & the Holidays – Helpful Messages

The experience of grief can be compared to a roller coaster. No matter how much time has passed, holidays can be particularly difficult, as holidays often remind us of our person who has died and how much they are missed. At Ele’s Place Ann Arbor, we suggest being gentle with yourself and trusting your instincts regarding the holidays.

If you are grieving the death of someone significant to you, here are some tips for coping this season:

- Express your feelings. The surest road through grief is to feel it, not deny it. Cry and express anger if needed.
- Ask for what you need. If you want companionship or privacy, let people know.
- Create support for yourself. Be with people who you find supportive and comforting. You do not have to be around people who upset you or who expect a “happy face”. Find those who accept you as you are today.
- Lower your expectations about what you “should” do.
- Holiday cooking and baking may be a comfort or a stressor. Go with what works for you.

- Set limits. Do only the most important things.
- Try to get enough rest. Grief is hard work, and you will need all of your strength.
- Sometimes people expect you to be “over it”. While we are never “over it”, grieving people can enjoy the holidays again. Stay hopeful.
- Anticipation of holidays can be worse than the actual holiday. Know that you will get through this.
- Above all, be kind to yourself. Taking care of yourself and your family is your number one priority. Do only as much as you can manage comfortably.

Our Ele's Place Ann Arbor Team will be thinking of you all as you navigate the holiday season.

GRATEFUL Tuesday

On December 1, 2020, the Ele's Place Ann Arbor team expressed how **GRATEFUL** we are for **OUR COMMUNITY** of donors, volunteers, supporters, board and staff! THANK YOU to all who stand by us as we stand by the grieving children, teens and families in our community and the surrounding southeast Michigan area! YOU make our community a better place and YOU fulfill our lives!



Healing Hearts Society Virtual Fundraising Breakfast SPONSOR CELEBRATION

On November 19th, we were able to support Children's Grief Awareness Day with our Healing Hearts Society Virtual Fundraising Breakfast Sponsors – **Hylant**, **Old National Bank** and **Plante Moran** – and their employees, for a virtual coffee hour get-together.

Thank YOU Hylant, Old National Bank and Plante Moran for joining us! TOGETHER WE: supported grieving children and teens – connected with colleagues – networked within our community – discussed grief topics – shared coping skills – AND celebrated an amazing partnership with our three sponsors.



We are proud to share that **Peggy Galimberti**, LMSW-Clinical, ACSW, Program Director at Ele's Place Ann Arbor was a lead author of the National Alliance for Grieving Children GriefTalk resource guide "Talking to Children about Death and Dying" featured in November during Children's Grief Awareness Month! All of the GriefTalk resource guides may be found here: <https://elesplace.org/resources/childrens-grief-awareness-month-resources>

On November 24th, we were incredibly pleased to announce that **Bree Arvai** has been named Branch Director for Ele's Place Ann Arbor! Bree joined the organization as the Director of Development in 2018, and has also served as Interim Branch Director since February 2020. Congratulations Bree! To read the complete announcement, click here: https://www.elesplace.org/download_file/315/0

On December 2nd, two of our amazing Community Board Members finished up their terms of service. At the last Board Meeting of 2020, we wished Board Chair, **Beth Jakubik**, and Board Member, **Rick Eder**, farewell AND thanked them for their commitment to community outreach, compassionate support of our grieving children, teens and families, and dedicated fundraising service to Ele's Place Ann Arbor. We are so GRATEFUL to ALL of our Community Board Members and know Beth and Rick will remain forever friends to the Ele's Place mission!

Ele's Place is a 501(c)(3) tax-exempt nonprofit organization.

Follow Ele's Place Ann Arbor on social media:



Thank You Ele's Place Ann Arbor
2020 Healing Hearts Society
Virtual Fundraising Breakfast Sponsors



Thank You Ele's Place Ann Arbor
2020 Derby Day Soiree @ Your Place Sponsors!

Presenting Sponsor



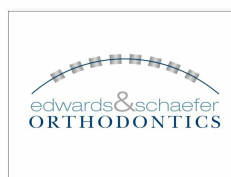
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