

THE GRIEF BRIEF

2019 Holiday Issue



Emma's Place

Staten Island Grief Center for
Children and Families



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EMMA'S PLACE HAS A NEW HOME



After searching for a place to call home, Emma's Place moved to Cottage D on Cottage Row in Snug Harbor. The staff of Emma's Place put their heart into making the house a beautiful home where grieving individuals in the Staten Island community can open the door to caring, support, and hope. The move to this new home was commemorated with a ribbon-cutting ceremony on Saturday, November 9th. Approximately 50 Staten Islanders gathered together to witness this special moment in Emma's Place history. Fostered by an atmosphere of love and community, Karen Goldman, Founder and Executive

Director of Emma's Place, and Jenny Kelly, Snug Harbor's Business Manager, cut the ribbon, marking the official opening of Emma's Place. Among those in attendance were Emma's Place Board members, Community Advocates Lorie Honor and Diane Matyas, JMT Media's Jaelyn Tacorante, Oswaldo Pena, and Terri Cote. Deacon Novella Lawrence, who has been a supporter of Emma's Place since its inception, also attended with 20 members of her bereavement group.

The ceremony also included heartwarming speeches, given by Karen Goldman; Jenny Kelly; Marybeth Melendez, LCMHC, a counselor at Emma's Place; Board Member Vickie Fosella and Integration Charter School Student Manny Savelez. Everyone was especially moved when Dr. Carolyn Taverner, Emma's Place Co-Founder, explained how beneficial Emma's Place is to the Staten Island community. In addition, children got to experience first-hand the benefits of Emma's Place by decorating memory boxes to honor a lost loved one. As far as Emma's Place is concerned, home is where the heart is, and the hearts of those involved with Emma's Place are always open to you.



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At Emma's Place you will

- Be supported by those who have journeyed through their own path of grief.
- Find a community of welcoming, caring, and committed individuals who will listen.
- Learn healthy grief processing in a private, safe-setting which facilitates healing while offering the hope and tools to move forward to a meaningful life.

CHILDREN'S GRIEF AWARENESS DAY

Do you want to help make people aware that: **One in five children** will experience the death of someone close to them by age 18. (*Kenneth Doka, Editor of OMEGA, Journal of Death and Dying, 2012*), and **Seven in 10 teachers** (69%) currently have at least one child in their class(es) who has lost a parent, guardian, sibling, or close friend in the past year. (*Grieving in Schools: Nationwide Survey among Classroom Teachers on Childhood Bereavement conducted by NY Life Foundation and American Federation of Teachers, 2012*)? Then please **WEAR BLUE** on Thursday, November 21st to honor Children's Grief Awareness Day. By doing so, you will help people to understand that anyone that is old enough to love is old enough to grieve, and it is critical to provide support to children who have lost a loved one. To mark the importance of Children's Grief Awareness Day and allow grieving children to honor and remember someone special they have lost, Emma's Place is partnering with P.S. 31, located at 55 Layton Avenue to conduct a candle lighting ceremony on Thursday, November 21st at 5:30 pm. Special thanks to P.S. 31's Parent Coordinator, Diana Patris, for providing the space for this meaningful event. Please access [Children's Grief Awareness Day](#) to learn more about this special day and how to help grieving children.

Emma's Place
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Support~Community~Hope



We rely on you

Our Center is supported through donations, grants, memorials and bequests; which will allow us to provide grief services, at no cost, to children and families in the community.

There are a variety of ways to support Emma's Place and to help reach grieving children and families.

Donations can be made out directly to Staten Island Grief Center and mailed to Emma's Place, P.O. Box 10311 Staten Island, NY 10301, or through

www.emmasplacesi.org.

Emma's Place staff members are available to make presentations or talk further on the phone – please contact us at:

347-850-2322 or,

info@emmasplacesi.org

We greatly appreciate your generosity!

EMMA'S PLACE SCHEDULE

CHILDREN'S AND 'TWEENS GROUPS 1st & 3rd Tuesdays

Ages 6-9 5:30 pm
Ages 10-13 5:30 pm
*Parents Group Coinciding
with these groups.*

NEW GROUPS

Parents Who Have Lost an
Adult Child
Caregivers
Opioid Loss
First Responders
Monday Night Teens –
Ages 13-17

Call 347.850.2322 for
more information and
group dates and times.
Read more about
Emma's Place at:
[Staten Island Live
Column](#) or see us on
Facebook

HELPING A GRIEVING CHILD DURING THE HOLIDAYS

Happy Holidays is a phrase we hear over and over again during this time of year as people cheerfully rush around making plans, buying gifts, and looking forward to visiting family. Unfortunately, for a grieving child, the holidays can be far from happy, and presents its own unique challenges. Adults in a bereaved child's life can play a significant role in helping them through this difficult time by keeping the following in mind:

- It is important to acknowledge a grieving child's feeling and assure them that anything they are feeling is OK. Remind them that everyone feels different things when someone they love dies, and there is no right or wrong way to feel.
- It is more helpful to a grieving child to give them the space to feel their feelings instead of trying to talk them out of them in an effort to try to help them feel happier. Sometimes children need help naming how they are feeling. For example, you can ask them if your feeling was a color what would it be? Or help them to find out where in their body they are feeling the feeling. This can then open up a discussion regarding how the child is feeling.
- Don't force a child to accept invitations to parties or other activities that they don't want to go to. Find out what they would prefer to do instead and offer your time to be with them.
- One thing difficult about the holidays after losing someone is that those that are grieving feel that the holidays will never be the same, and they think that means they will never enjoy the holidays again. It is helpful to show children that while the loved one is not physically here, they can still feel their presence and continue a relationship with them. Discuss ways to create new holiday traditions that will honor the lost loved one. Some suggestions are: lighting candles in memory of the lost loved one, creating special frames for the loved one's pictures and putting these frames near other holiday decorations, writing a holiday card to the loved one, or sharing a special memory about the lost loved one at the holiday table. Allow children to be part of the decision-making process of how to honor the lost loved one.
- Sometimes watching holiday movies where everyone's lives seem happy and perfect can enhance feelings of sadness and loss for a grieving child. Remind children the difference between fantasy and reality. Sitting with them and asking them to draw a picture about something real and something that's a fantasy can help them understand this, and also help them express their feelings.
- Teachers, or parents doing holiday activities should not assume that every child has a parent to give a gift to. For example, instead of saying, we will make picture frames for your moms or tie-clips for your dads, have a choice of different gifts to make, and ask children who they would like to make a gift for.