



December 2019

Learn To Cope Sponsors Community Forum on Grief

On Dec. 10, Learn To Cope sponsored the first “Grief After an Overdose Death: Educational Film & Community Forum,” a public discussion about the experiences of families and others affected by lives lost during the opioid crisis. The forum host was Cape Cod Community College, and the program was presented by the new statewide project SADOD (Support After a Death by Overdose).

The forum was held in Barnstable on the campus of CCCC, where 35 people came together to view the new film [Among the Many: Wisdom, Companionship, and Hope for Those Who Have Lost a Loved One to Drug Overdose](#). The film trailer can be viewed here at <https://youtu.be/7aD4PvkTw98>.

Joanne Peterson, Executive Director and Founder of Learn To Cope, was not able to attend, but a message from her was read aloud to begin the event, in which she said: “Grief is something we live through day to day -- but we don’t have to live through it alone. I hope everyone here tonight finds some comfort or knowledge or sense of community that you can take with you ... Cherish your memories and stick close to those around you who know there is no expiration date for missing our loved ones.”

A panel discussion featured two of the people interviewed in the film, Jeanne Flynn, who facilitates a peer grief support group in Sandwich, and Franklin Cook, a director of SADOD, as well as Rick Bickford, who facilitates a peer grief support group in Hyannis. Jeanne lost her son Brian in 2015, and Rick, a grief counselor at VNA Hospice, lost his son Nathan in 2018. The panel was followed by a question-and-answer period during which audience members and panelists talked about coping with grief.

LTC Regional Manager Kim Leman and several members of the Yarmouth group were in attendance at the forum. [Cape Media News](#) produced a short television report on the event, which can be viewed at <https://youtu.be/DXS-3xt9u-s>