



# CAMBERWELL GRIEF SANCTUARY

QUARTERLY NEWSLETTER | DECEMBER 2022



Camberwell Kids Event | JULY 2022



## CAMBERWELL KIDS

FOR GRIEVING CHILDREN AND TEENS



### CHILDREN GRIEVE TOO: CELEBRATING A SUCCESSFUL LAUNCH OF CAMBERWELL KIDS!

Since 2019, our CGS programming has focused primarily on adults, but it didn't take long to recognize the considerable gap in grief support for children in our area. In Kentucky, 1 in 10 children will experience the death of a parent or sibling by age 18, and those numbers more than double by age 25. And research shows us that unaddressed childhood grief can have lifelong implications. Children and teens can suffer from disrupted development and be at increased risk for short- and long-term challenges, including decreased academic performance, mental health issues, and early mortality. Cue Camberwell Kids! We now offer comprehensive, trauma-informed grief support through our Camberwell Kids program.

We launched the program in July with a Kid's Summer Celebration complete with Fossilou Balloons, Kona Ice, and sweet therapy dogs that stole the show! Our Camberwell Kids team and volunteers facilitated hands-on stations to hold space for kiddos to explore and process grief-related emotions. At the same time, two other clinicians hosted the caregivers for an adult-focused group. We ended the day by coming together for a balloon release. We invited the littles to draw or write a favorite memory and attach it to the balloon as a way to honor and remember their loved ones. Their sweet, hope-filled faces reminded us that healing happens best in community. These children knew and understood at the end of the day that they were loved and not alone. One sweet girl asked her mother to return to the sanctuary the next day, and another little fellow said Camberwell was the most beautiful place in the world! We are grateful to our presenting sponsor, Southeast Christian Church-La Grange for making the event possible!

As we look toward 2023, we are working to fund the Children's Therapy Treehouse (slated to begin construction in Spring 2023) and add therapists and counselors to our clinical team. The need is great, and we are committed to bringing help, hope, and healing to entire families. We'll be back in 2023 with Summer Celebration, too! Save the date for Saturday, July 8 and watch our website or social media for details.

To help us build the treehouse, visit [camberwell.org/donate](https://camberwell.org/donate).



Inaugural Golf Scramble | OCT 2022



### INAUGURAL GOLF SCRAMBLE: GOLFERS TEE-OFF TO SUPPORT CGS MISSION!

High Winds didn't keep golfers from showing up in force at Camberwell's Inaugural Golf Scramble! Despite the cutting winds, Shelbyville Country Club provided a picturesque setting for a day of friendly competition for an incredible cause. We hosted 88 golfers and had a fantastic team of volunteers. Rob Elliott shared his Camberwell story and mentioned how crucial the sanctuary has been to his family as they grieved the traumatic death of his daughter. "Camberwell is a special place," he said. It was beautiful and powerful to see people from varied backgrounds with unique stories coming together around one meaningful purpose — bringing help and hope to the grieving and broken-hearted.

We are grateful to Superior Vans & Mobility, Craig and Landreth Cars, and the many other sponsors who made the event possible. Thanks to the support of our sponsors, the golfers who participated, and generous donations, we raised over \$30,000 to help fund the next phase of expansion and improvements to the grounds at the sanctuary!

*We'll be back in 2023 for our 2nd Annual Golf Scramble. Keep your eyes open for the details.*

### HELP & SUPPORT DURING THE HOLIDAYS: NO ONE HAS TO GRIEVE ALONE

Holidays often come with a bit of added pressure and expectation (traditions, long to-do lists, family gatherings, etc.). When you add grief to the mix, it gets even more complicated very quickly. At Camberwell, we intentionally hold space during these emotionally challenging times of the year to offer care and support. Being part of a community of people who understand what grief feels like can provide encouragement and hope. This year we hosted three events with this in mind: the Women's Spring Tea, the Men's Day at the Bats, and a Time of Hope and Remembrance.

### WOMEN'S SPRING TEA

We hosted the Women's Spring Tea in honor of Mother's Day. Author Marina Shelton joined us and shared her grief story. We enjoyed the beauty of fresh flowers, fine china, and butterflies as we honored and remembered our loved ones during this outdoor afternoon tea. Participants took home a porcelain tea cup and a build-your-own bouquet. The butterfly release was a crowd favorite and provided a sweet moment of hope.

*2023 Save the Date: Women's Spring Tea is Saturday, May 20.*



Women's Spring Tea and its bouquet bar | MAY 2022



## CGS MEN'S EVENT

The Men's Day at the Bats did not disappoint as a group gathered to enjoy a baseball game and all the fun things that go along with it! Men often grieve differently than women and need space to process their grief in a safe, engaging space with other men. While this wasn't a grief support group, the power of shared experience was evident in the conversation and camaraderie.

*2023 Save the Date: Men's Summer Cookout is Saturday, June 10.*

## TIME OF HOPE AND REMEMBRANCE

The pre-holiday Time of Hope and Remembrance was just before the start of the Thanksgiving and Christmas seasons. The evening included music, guest speakers, and special remembrance activities. Our time together allowed space for hope and encouragement and was full of meaningful moments. Being able to remember is a gift and making the space to do so is absolutely necessary.

*2023 Save the Date: Night of Hope & Remembrance is Sunday, November 19.*

## OUR VOLUNTEERS ARE THE BEST VOLUNTEERS!

Thank you to every volunteer who showed up to support CGS this year! Our programs and services are more successful because of you!

**Do you want to get involved?  
Text 2HELP to 41444 to volunteer.**

*2023 Save the Date: Volunteers Days are Saturday, March 25 and Saturday, September 9.*



## COMMUNITY PARTNERSHIPS

Community partnerships are important to us. We are grateful for each opportunity to partner with organizations already doing incredible work! Take a look at a few things on the horizon for 2023!

### CGS TO OFFER GRIEF SUPPORT FOR TEENS IN AREAS AFFECTED BY TORNADOS

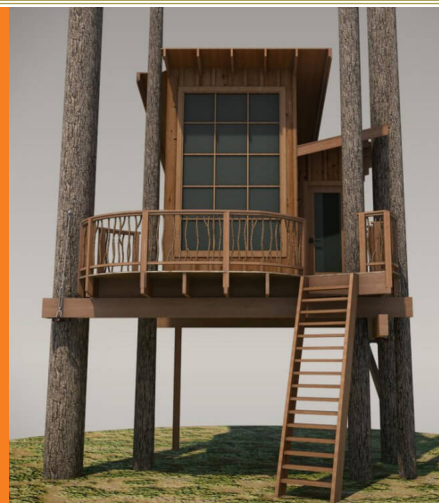
In December 2021, devastating tornadoes ripped through Western Kentucky, causing extensive damage, loss, and trauma. Wherever there is devastation, loss, and trauma, you can be sure there is grief. In partnership with Prospect/Goshen and South Oldham Rotary clubs, Camberwell Grief Sanctuary is committed to bringing disaster relief to students through focused grief support. This project-based partnership will bring students in neighboring communities together by providing a safe, engaging experience to facilitate healing as these students continue to navigate the grief related to loss, pain, and trauma. Several Rotary clubs and school administrators in the area have joined the effort. The goal is to help the students acknowledge their pain and grief and move through it with hope and courage. Camberwell's team of skilled therapists and staff will design and facilitate the day-and-a-half event. The project will be funded by grants received from Rotary District 6710.

### KODA PARTNERSHIP WIDENS CGS REACH

We connected with a Trust for Life and KODA team in the spring of this year and have since had the opportunity to work more closely with them. Most recently, CGS was invited to participate in the KODA Annual Donor Recognition Ceremony at the Kentucky Center in November and connect with hundreds of grieving families. Plans for 2023 include a CGS team providing support and care for children at a summer day camp in August.

### ARTISTS FOR TRAUMA DONATES TRUCKLOAD OF ART SUPPLIES

A big thank you to Artists for Trauma! Because of their generosity, we have boxes and boxes of every kind of art supply imaginable. This means being able to offer more art workshops at no cost to our clients. We are forever grateful!



### HELP US BUILD OUR CHILDREN'S THERAPY TREEHOUSE

CGS must raise \$200,000 before construction of our Children's Therapy Treehouse can begin.

To donate funds to make the therapy treehouse a reality, go to [camberwell.org/donate](https://camberwell.org/donate)

*help, hope, healing*

INFO@CAMBERWELL.ORG | 502.465.0110 (OFFICE) | CAMBERWELL.ORG



Volunteer Clean Up Day | JULY 2022



**OUR CGS DREAM TEAM:  
THANK YOU TO OUR  
BOARD MEMBERS!**

**Sam Cook**, Chair

**Jessica Wood**, Vice Chair

**Jacqui Brangers-Wandling**, Treasurer

Dr. Jeffrey Bumpous

Allen Corbin

Doug Davis

Michelle Heit

JA Hillebrand

Thad Keal

Traci McCartney

Mark Parrish

Mark Stewart

Judge Derwin Webb



**OTHER NOTEWORTHY CGS NEWS**

**WHAT A YEAR! AND THE BEST IS YET TO COME**

As 2022 ends, we want to thank you for all your kindness and support. Because of your ongoing and generous monetary support, we have served nearly 400 grieving and brokenhearted people.

You have helped us provide more programs and services for adults, families, and children throughout the year, host meaningful special events, and expand and improve our 19-acre sanctuary. As we approach the holiday season and the new year, we encourage you to consider giving a year-end gift.

\$50 provides one hour of grief support group, \$60 provides a 55-minute massage for one griever, \$100 provides two trauma-sensitive yoga sessions for up to 10 grievers, and \$120 provides one hour of 1:1 Therapy or EMDR Therapy for a griever. You can also help fund the building projects slated to begin in 2023: The Wellness Cottage, Children's Therapy Treehouse, or Rustic Chapel. You can make a one-time gift or set up a recurring donation. Every donation makes a difference.

Here's how you can give:

Give online by visiting [www.camberwell.org/donate](http://www.camberwell.org/donate)

Give on your mobile device by texting 2HEAL to the number 41444

Give by mailing your donation to 9850 Von Allmen Court, Suite 201, Louisville, Kentucky, 40241

Give by donating securities (stocks, bonds, mutual funds).  
Contact [kelly@camberwell.org](mailto:kelly@camberwell.org)

Include Camberwell Grief Sanctuary in your will

**MERRY CHRISTMAS!**

Enjoy your holidays and rest well, knowing you are making a significant difference in the world by supporting and partnering with CGS. We are grateful for your continued support.

Because of you, more grievers will experience the help, hope, and healing found at Camberwell.



**OUR VISION**

NATURE PROMOTES HEALING.

COMMUNITY INSPIRES COURAGE.

TRANSFORMATION THROUGH GRIEF IS POSSIBLE.

*We are here to help you believe life can be beautiful again.*

*help, hope, healing*

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