

Letter from Director of Programs- Jamie Lee Silver

As September begins my heart is full of appreciation for EricsHouse clients, sponsors, board, staff, and providers who fulfill EricsHouse unique mission.

You may know our beloved founder and leader, Marianne Gouveia, recently had surgery and is at home recuperating.

I've been in training with Marianne since I accepted the job of Director of Programs for EricsHouse. If we haven't met, and you have any questions about how EricsHouse works, please call **1-855-894-5658** or email Jamie@ericshouse.org. For more information about EricsHouse visit, <https://www.ericshouse.org>.

As we begin September, our support groups are up and running. They use Dr. Alan Wolfelt's Six Needs of Mourning as their framework. Look for new support groups to start at the beginning of the year.

As I write this, support groups are focusing on need number two: feeling the pain of the loss. Dr. Wolfelt suggests experiencing pain in small doses. It involves allowing moments of pain in measured doses, similar to letting the air out of the balloon slowly, rather than popping it. If you're interested in learning more about these six needs please give EricsHouse a call.

Stay tuned for new groups to begin in the new year.

You can see from this newsletter that we have our exciting Hope and Healing Fundraiser on October 10th, (see features in this newsletter) visits with Medium Melinda Vail, and Full Moon Labyrinth Walks beginning again in October.

These are interesting times. Being part of EricsHouse is a way to make friends, gain support and feel less alone in your grief. I am here to help navigate. If you know someone who needs our low-cost services please have them go to Ericshouse.org to book an initial visit. If it has been a while since you've used your membership feel free to go to the members' section and book an appointment with your Grief Companion, or for Tapping, Reiki, Spiritual Direction, Nutrition or Breath-work. We have so much for you here!

With love and light,

Jamie Lee Silver

