

Calendar of upcoming events

September 25 – Facilitator training at the Center

October 9 – Professional Development Seminar lead by Tom Ellis on This Thing Called Grief: Healing approaches to therapy. 10 a.m. – 4 p.m.

October 18 – 2nd Annual Memorial Walkathon Fundraiser 9 a.m. – noon

November 21 – National Suicide Survivors day; gathering at the Center. 1 p.m. – 4:15 p.m. Registration at 12:30 p.m.

November 6 – Caring for Our Aging Parents, a morning of support for caregivers. 9 a.m - noon

December 4 – Professional Development Seminar facilitated by Gayle Sherman Crandell on Working with People Facing Life-Threatening Illness. 10 a.m. – 4 p.m

Groceries for Good Causes at Kowalski's on Grand

Place your grocery receipt in the drop box "Center for Grief" and Kowalski's makes a donation to us based on the amount of the receipts.



Custom made pottery and jewelry

Personalized just for you

Small plate with initials.....\$20

Bronze heart with wings and initials..... \$35

Silver heart with wings and initials.....\$50

All jewelry on leather cord; Sterling silver available.

Contact: Sally@sal-pal.com



TRANSITIONS

Center for Grief, Loss and Transition

FROM THE DIRECTOR



Tom Ellis
Executive Director

What an amazing year it has been for all of us at the Center. We are now two times the size we were, thanks to an incredible board of directors, generous donors and dedicated staff. Doubling a mortgage in this economy was a brave decision. Without the expansion into another home we would now have a waiting list for therapy. I am grateful for this opportunity and excited for what lies ahead.

We are now in the next phase of remodeling. The back of the new building is now ours to use. This beautiful space has great potential and expectations for its use. It will be our Healing Arts Room, open to the community, providing art classes, yoga, workshops and retreats. Your ideas for this space would be most welcome as we begin formulating a plan. Perhaps you would like to share it with your book or garden club, host a gathering or share your talents with others.

To keep up with demand for services, I have hired three new part-time therapists - Nida Gauhar, Jennifer Baker-Jones and Chuck Tracy. You can find out more about the therapists on our website. We now have nine part-time and four full-time therapists. Two new interns will begin this fall.

Please watch for our upcoming events and opportunities to collaborate with the Center for Grief. The newsletter is one way to stay in this ever-growing loop, and the website will give you more up-to-date plans.

People often ask what they can do for the Center. Now is the time to let others know of this important community resource. Individuals and families are feeling the effects of difficult economic and changing times. Challenging losses

The Center for Grief is a nonprofit organization that provides therapy and education in the areas of complicated grief, trauma and life transition.

and complicated grief experiences make this burden that much greater.

We are here to help during those most difficult times and we are now blessed with the expanded space to serve our mission. Clients often remind us that the Center has been a place of refuge and safety telling us, "It is a life-changing, life-saving organization and I am grateful to have found it."

THE CENTER FOR GRIEF,
LOSS AND TRANSITION TEAM

Tom Ellis, MA, LMFT, Executive Director
Sarah Logan, MA, Program Director
Stacy Scanlon, Administrative Assistant
Gayle Sherman Crandell, MA, LPC
Development Director
Dianna Diers, MA, LMFT
Lee Erickson, MA, LPC
Nida Gauhar, MA
Kate Heckman, MS, LMFT
Karen Heegaard, MA, LP
Sara Heinzen, MA, LMFT
Jason Johnson, MSW, LICSW
Jennifer Baker-Jones, MA, LPC, LPP
Holly Smart, MA, LP, ATR
Chuck Tracy, MA, LICSW



Center for Grief, Loss and Transition
1129 and 1133 Grand Avenue
Saint Paul, MN 55105

Non Profit Org.
U.S. Postage
PAID
Permit No. 1476
St. Paul, MN

Center for Grief, Loss and Transition

2nd Annual Memorial Walkathon Fundraiser

Sunday
October 18, 2009
9 a.m. – noon
Como Park Pavilion

Families and pets welcome!

For more information, please call Stacy, 651-641-0177

THANK YOU TO OUR GENEROUS DONORS 2008-2009

Abbott Furniture and Funeral home	Tracy and Jay Dodig	Preston Hayward	Shelby and Christine Mielke	Securian Foundation
Abbott Paint	Debra and Dennis Dorgan	Katie Heckman	Mr. and Mrs. Greg Waltz	Victoria Shampaign and Michael Barnett
Mary Anderson	Patricia Dunlap	Marge and Roger Heegaard	Kendall Munson	Alyn Shannon
Melissa and Doug Anderson	Jane and Roy Dunlap	Anne and Lowell Helgason	Stacey and Paul Murray	Peter Shapiro
Alexander Bader	Jonathon Dworsky	Lillian Helgason-Myrdal	Kathleen and Gary Nafstad	Virginia and Harold Sheff
Diane Barrett	E. B. Editorial	Carol Howard	Nicholson Family Foundation	Sherman Crandell Family
Charles Bartley	Kathleen and Mike Ellis	Anthony Hunnicutt	Nancy and Dick Nicholson	Sid Sherman
Maria and Sitsofe Bediako	Patrick Ellis and Tim Williams	Karen Jensen	Paul Nixdorf	Ashraf and Muneeza Siddiqui
Arthur Belair	Thomas Ellis	Jean and Bruce Johnson	Margaret and Timothy O'Connor	Maureen McNearney and Terrance Sieben
Jeannete Belair	Laurie Encinas	Freida Johnson	William O'Connor and Brad Froslee	Holly Smart
Sue and David Belair	Dennis Engelhart	Jason Johnson	Ann O'Fallon	Peter Smead
Lisa Belvito	Englund Family	Melissa Joplin	John Olson	Clifford Sockness
Eden Bluhm	Lee Erickson	Jullene Kallas	Leigh A. Olson	Donna Soderberg
Pamela Boersig	Becky Ericson	Claire and Thomas Kayser	Patty and Stuart Paster	Naomi Stenson
Kristina and James Brown	Bill Etter	Deborah Keenan	C. N. Peterson	Dawn Sullivan
Sally and Chris Brown	Farmers Plant Food	Michelle Wilcox King	Marissa Potter	Fay Sullivan
Chris Brown Drywall	Therese and Greg Feldmeier	Maureen Kleckner	Pam Powell	John Sullivan
Virginia Caldwell	Kathleen Fernbach	Patricia Klicka	Prosperan Bank	Ruth and Jason Swartwood
Jane Carlson and Walter Bera	Kay Fransen	Kevin Knudsen	Pugsley Fund of HRK Foundation	Taylor Lepel Memorial Fund
Megan Murphy and Douglas Carnival	N. L. Fulton	Sandra Koch	Lucy Quinlar	Denise Tennen
Caryn and James Casey	Crystal Gagliard	Kowalski's Grand Market	Furqan Raja	Kris Thorson
Mary Chapman	Linda Garrett	Trudy Lopic	Sulman Raja	Sebastian Traeger
Alyssa and Rob Chapman	Richard Gatti	Cathi Lapkin	Joyce and Ed Ratner	Roddie Turner
Cynthia Donovan	Awais and Fatima Gauhar	Helen and Santos Lattary	Barbara Rice	Yatin Utopra
Church Of St. Pius X	Shahnaz and Mohammad Gauhar	Marilee and Tom Laughlin	John Rice	Mari Uutala
Karen Clarke	Diane and Mark Gordor	Karen Heegaard and Charles Legros	Mary Rice	Mary and Gaylord Wahl
David Coggins	Nida Gauhar and Farhan Hassan	Katy Levin	Robyn Rice	Deb West
Mary and Michael Coleman	Alice Gehan	Dana Lindsay and Tim Pabst	Stephen Riendl	Western Bank
Mary and Robert Coleman	Lucy Gehan	Sarah and Dave Logan	Cherie Riesenber	Richard and Darliss Wise
Paula Colwell	Mark Gehan	Randy Loomis	Patricia Ritter	Abe Woldeclassie
Sandra and Patrick Corcoran	Gerber Jewelers	Jeanne Luxem	Diane Roth	Louise Wolfgramm
Elizabeth and Joshua Daniels	Lisa and Allen Giles	Macy's Foundation	Pam Sailor	Diane Zins
Anne DeCoster	Richard Gorman	Joanne and John Mallon	Saint Paul Radiology	Leah and Michael Zoladkiewicz
Donna Diepolder	Scott Griesbach	Debra McGovern	Saint Paul Foundation	
Dianna Diers	A. L. Harrison	Lili Tod McMillan	Stacy Scanlon	
	Kimberly and Jerry Hart		Marie and Frank Scinicariello	
	Katherine Hayes			

FROM THE DEVELOPMENT DIRECTOR



"The eyes are the windows of the soul."

Gayle Sherman Crandell

This old proverb contains powerful truths about how we reveal ourselves to the world. However, to torture this saying completely, at the Center a soul would currently seem cold, drafty and even broken if we were looking out our old windows. Even Immanuel Kant (often credited with this quote) would have been appalled that the Center still relies on its shoddy windows from the early 1900s. As cold weather approaches, we are faced with the reality that 27 upstairs win-

dows desperately need replacing. In our efforts to continue being good stewards to the environment and to stay warm this winter while we journey with people in grief, we come to you with a new giving opportunity:

Center for Grief, Loss and Transition
Buy a window campaign!

Your contribution can go towards the purchase of an upstairs window in either house (you can even select which window you would like to replace!) Your gift will enable us to reduce our energy costs thus allowing us to serve more clients who have low or no income.

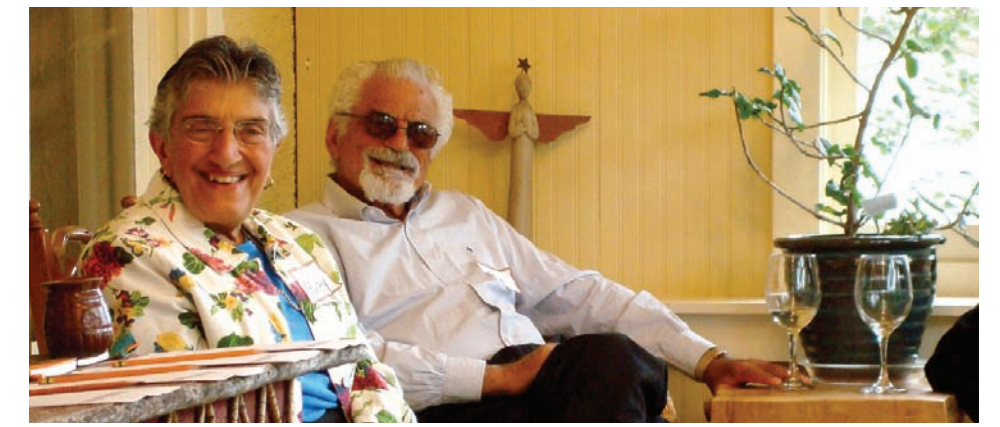
I know you're asked for contributions regularly and it can become tiresome. But without your support, the Center

couldn't serve everyone in our community who has lost someone they love, is facing a life-threatening illness or is going through a difficult transition. We need your gifts to help heal lives.

To wax philosophical just one last time, Jack Handy from SNL says:

"Most of the time it was probably real bad being stuck down in a dungeon. But some days, when there was a bad storm outside, you'd look out your little window and think, Boy, I'm glad I'm not out in that."

The Center is a place where people can learn to survive and live with their grief. Thank you for giving a new window through which to catch glimpses of perspective.



Friends of the Center gather at the May 29 grand opening celebration of our newly renovated house for wine, cheese, tours and good conversation. Mayor Chris Coleman, shown in the top left photo with Tom Ellis and Gayle Sherman-Crandell, officiated with a ribbon-cutting.