

Dear Good Grief Community,

WELCOME TO OUR QUARTERLY NEWSLETTER, ONE CENTRALIZED PLACE FOR OUR MOST IMPORTANT NEWS. A vehicle that can connect all of us; facilitators, families, educators, staff, donors, foundations, and Board members, who are united in our mission to support kids and families who have suffered loss and adversity. I'd like to encourage you to take a few minutes to review the newsletter and let us know what you think.

We're continuously trying to improve and make it better, so let us know your thoughts by completing the brief survey.

Please also pay special attention to two articles: our new board changes and new organizational structure.

As executive director of Good Grief, I take great pride in the powerful work we do, daily. We positively impact more than 800 individuals a month in our family centers in Morristown and Princeton. Good Grief schools has the ability to impact thousands of people as we train teachers, counselors, social workers and administrators.

I hope you enjoy the newsletter!



Good Grief Executive Director
Mark Durham

Gg News
March 2023
Survey Link:



Welcome Guy Langford, New Board Chair!

AT THE BEGINNING OF THE YEAR, WE INITIATED SEVERAL ORGANIZATIONAL CHANGES AT BOTH THE BOARD AND STAFF LEVEL.

Guy Langford has assumed the role of Board Chair, having served as Vice Chair since 2020. Guy is a Partner, M&A Transaction Services, Deloitte, and is replacing Mark Durham, who officially became Good Grief's Executive Director.

Guy expressed his gratitude to Mark, "on behalf of the Good Grief Board, staff and our dedicated volunteers, I'd like to thank Mark for his tireless work as our Chair these last 2 years. The Board is looking forward to working with and supporting Mark and the Good Grief team as we continue to deliver Good Grief services to kids, families, communities, and schools in need."

Other notable officer changes include, **Jody M. Stowe**, PharmD, becomes Vice Chair and **Jean Frydman**, Esq. becomes Secretary of the Good Grief Board. **Andrew Dinnhaupt** remains Good Grief Board Treasurer.

Mark reflected on Guy's appointment to Board Chair, "we are fortunate to have Guy Langford serve as our Chair, with his visionary leadership, we are poised to strengthen our Nights of Support and expand our service offerings to help even more kids and families, not just with grief, but also learning resiliency strategies, in New Jersey and beyond."

We are also welcoming **Paul Rosica** to the Good Grief Board of Directors. Paul's a resident of Madison, and served as Managing Director, Head



Good Grief Board Chair Guy Langford

of Corporate Sales and Structuring at BMO Capital Markets in New York for more than 10 years. In the Fall of 2022, he joined Tribeca Early Stage Partners and serves as the Principal at Eagles Ridge Capital. Please welcome Paul to the Good Grief family!

New Design Provides Growth Opportunities for Good Grief Staff



Pam Sullivan

Jeremy Schiff

Evelyn Moon

Joanna Green

THE ONLY CONSTANT IS CHANGE... AND GOOD GRIEF IS NO EXCEPTION!

We have made some exciting changes at the start of the year, aimed at better serving our families and keeping the future of Good Grief front and center!

We are thrilled to formally announce that **Pam Sullivan** has agreed to join our staff as Head of Family Centers. Pam's no stranger to Good Grief and at our October gala received an award commemorating her 15 years of dedicated service as a volunteer facilitator. "We are beyond thrilled to welcome Pam to the staff as our Head of Family Centers," said Mark Durham.

"In addition to her institutional knowledge, she's incredibly passionate about helping our families. I've seen first-hand how Pam goes out of her way to help people."

As we gear up for the future needs of Good Grief, **Jeremy Schiff** has been promoted to the newly created position: Director of Strategic Development. In his new role, Jeremy will identify new areas and opportunities for Good Grief services while expanding our existing service areas. The ultimate goal, determining how we can serve more people in more places as we prepare for future growth opportunities.

In order to serve more people beyond our family centers, **Evelyn Moon's** role has expanded to deliver our programs through schools, virtual content and directly in the community. Evelyn's new title is Director of Learning & Content Strategy.

In addition to her responsibilities for Development, **Joanna Green's** adding the title of Operations Director. Joanna's new title is Director of Development & Operations.

"Please join me in congratulating Pam, Jeremy, Evelyn and Joanna and wishing them all the best," said Mark Durham.

Good Grief 5K Walk & Run

SAVE THE DATE: JUNE 4

NEW LOCATION: Saint Elizabeth University

**PLEASE NOTE OUR NEW LOCATION!
SAINT ELIZABETH UNIVERSITY IS LOCATED AT
2 CONVENT RD., MORRISTOWN, NJ.**

As usual, the event will include activity stations along the walk route and a crafts tent featuring a memory wall of photos and messages submitted by participants in honor of loved ones.

"The 5k is a very important event for us and helps to ensure we can continue offering our programs," said Joanna Green. "Please start forming your fundraising teams now. We'd love to see a strong turn-out for the day and for the community!"

If you're interested in walking, running or volunteering, please contact Christine Zinckgraf, Development Coordinator at Christine@Good-Grief.org

Start forming your teams now!!



**2023 5K Run & Walk
Information Link:**



**View photos from the 2022
Good Grief Run & Walk:**



Good Grief Spring Institute Success!

GOOD GRIEF HOSTED ITS ANNUAL SPRING INSTITUTE ON SATURDAY, MARCH 18TH AT THE PINGRY SCHOOL IN BASKING RIDGE. This year's topic: Grief and Addiction was designed for anyone interested in learning more about grief, bereavement, and addiction.

More than 150 volunteer facilitators, along with therapists, social workers, school counselors, teachers, funeral directors, youth-based nonprofit workers, and parents/caregivers attended the full-day event.

The Keynote Speaker: **Dr. Kenneth J. Doka** a renowned grief expert and author of *Grief is a Journey: Finding Your Path through Loss*, as well as 33 other books and over 100 articles discussed many aspects of grief. "Grief is not about death, grief is about loss, and whenever we experience loss of an attachment, we grieve" said Dr. Doka. "Grief really is the constant companion to addiction and they share a complex relationship on many levels. Addiction is often a response to loss."

Event attendees participated in several workshops throughout the day, with topics ranging from "Staying out of Assumptions in Peer Support"

to "Understanding and Supporting Secondary and Ambiguous Losses." All of the Spring Institute courses were approved by the Association of Social Work Boards (ASWB) for continuing education credits.

Our featured workshop, "Grief of Addiction and Overdose" was led by **Litsa Williams**, MA, LCSW-C who co-founded the grief community website: *What's your grief.com* and co-authored *What's Your Grief? Lists to Help you Through Any Loss*.

"We want to lead the dialogue about deaths due to substance use," said **Evelynn Moon**, Director of Learning & Content Strategy, Good Grief. "We want to help break the stigma associated with grief due to addiction, and the Spring Institute empowered attendees with knowledge and tools to support grievers."

A facilitator stated, "I've attended several Spring Institutes and have been a facilitator for 7 years. This was by far the best one. The topic was relevant, and we received great information and tools to help us. Thank you!"

Awards were also presented to facilitators for 5, 10, and 15 years of service.



Keynote Speaker Dr. Kenneth J. Doka



Featured Workshop Presenter Litsa Williams



Good Grief Family Panel



New Facilitator Training

THE WEEKEND OF JANUARY 13-16, WE HELD OUR SEMI-ANNUAL VOLUNTEER FACILITATOR TRAINING IN MORRISTOWN AND PRINCETON. The Morristown training had 29 participants and was conducted at the beautiful new Deloitte headquarters, while the Princeton training had 15 participants and took place at our family center.

According to event participant Kathleen Bailie, the facilitator training was extremely worthwhile and gratifying. "Spending four days getting to know some amazing people and learning, among other things, how to really listen and be present for others was incredibly powerful." Kathleen continued, "ultimately, the real reward has been using the training and acting as a facilitator at Good Grief. It is such a humbling experience to be trusted with people's most vulnerable selves, and I'm truly honored to be a part of it."