

December 1st , 2020, is **Giving Tuesday**, a day in which people are being called to unite for a worldwide celebration of generosity, - giving their voice, time, money, goods, and advocacy to support communities, charities and causes that are close to our hearts. And so today I am sending out this reflection so that perhaps you can consider making a donation and forward it to others to raise awareness and offer support for Stephy's Place.

Stephy's Place Center for Grief and Loss opened our door five years ago with one support group. Before the pandemic, we grew to have over 30 separate peer support groups for loss of a spouse, a child, a parent, a sibling, or loss due to suicide, and divorce. Our groups form strong, empathetic bonds. Those who attend have the opportunity to find support with others who truly understand what it feels like to have that particular loss, which can be quite essential for healing in grief.

Fortunately, thanks to technology, most of these groups are still currently meeting virtually through Zoom, including quite a few new support groups that have started since the quarantine. Aside from our Zoom groups, we have been keeping in touch with all our members through emails which offer resources and reflections during these challenging times, as many of our members have been captive in their homes for months with their grief and loneliness.

Because all of our groups are free of charge and are facilitated by trained, compassionate people who have suffered loss, our hope and mission is to continue to help one another to cope, survive, and navigate through the roller-coaster of emotions and struggles that one can face in the grieving process, and we continue to find new ways to adapt. It is our certain hope to go back to meeting in person at our center once the health crisis is abated and we are permitted to do so in a safe manner.

Your generous financial support for Stephy's Place will help keep our door open (literally and virtually) for all those who come to us for much needed support. To find out more about our history and mission, or to make a donation, please visit our website at [www.stephysplace.org](http://www.stephysplace.org)

Thank you in advance for your generosity and for all your support for Stephy's Place, a place of healing and love, a very special place, a place like no other.

Peace and Serenity, Kevin