



April 2020

Dear Friends and Families,

We recognize that the COVID-19 pandemic is stressful for all of us! Given our social distancing requirements it is easy to feel isolated and alone. We want you to know that we are here for you and have created many new approaches to helping connect us all together.

While we are unable to offer in-person meetings during this uncertain time, we want you to know that we remain here for you. Our team is implementing creative ways of supporting you through the use of Zoom and the telephone for both individual counseling and support groups. Please continue to check out our website for the latest offerings.

We are also developing several Grief and Loss Toolkits that we hope will assist in connecting you to helpful resources. No matter our age or our circumstances we are all affected by this Pandemic, and grief reactions can be increased due to current world events. With that in mind we have developed an Adult Grief and Loss Toolkit designed to help you receive some comfort during this turbulent time.

We also recognize that grieving families may have a particularly challenging time dealing with and responding to this crisis. Children (and parents) whose worldviews were radically changed by the death of a loved one find themselves yet again confronting a world that seems scary, unfamiliar, and ever-changing. As anxiety, and particularly health anxiety, can be a common grief response in children, we hope you will find the Child and Family Grief Toolkit of use to you and your family.

Should you have questions, additional concerns, or would like to be connected to a local grief counselor, we encourage you to contact us through our website at: <https://www.capitalcaring.org/get-help/our-services/grief-support/> or by calling 800-737-2508.

Warmly,

Capital Caring Health Grief Support Team