

# inside fernside

A publication for grieving children and their families

## Mire lo que Es Nuevo! Look What's New!

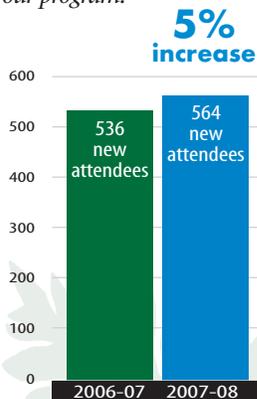
Our *About Fernside* brochure is now available in Spanish. We recognized that there were families in our community we were not able to reach. In order to let them know more about who we are and what we do, our general brochure has been translated into Spanish. If you work with Spanish-speaking individuals who want to learn more about Fernside and the services we offer, this resource is now available.



## Fernside Programs Expand

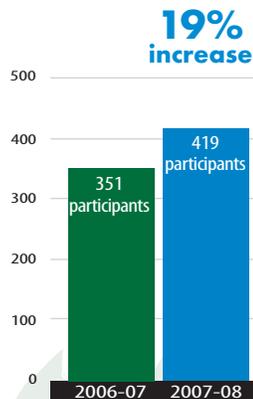
### Evening Program

Number of children, teens and adults who were new to our program:



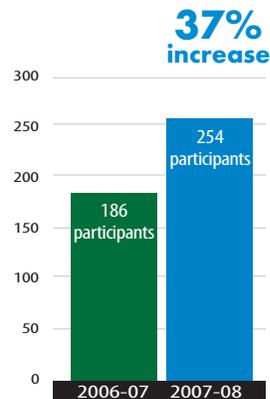
### Crisis Program

Number of children and teens who attended:



### School Program

Number of children and teens who attended:



942

children, teens and adults participated in an evening, school or crisis group in the 2007-08 program year.



80 children and teens attended Camp Erin-Cincinnati this year.

## Fernside Highlights

### Literature & Materials

\$4000 worth of brochures and literature were provided free of charge to the community last year.

We introduced our newest publication, the *Fernside Idea Book*, and agencies as far away as California and Canada have purchased this invaluable tool.

### Phone Consultations

Fernside staff provided 1,111 consults by phone, offering guidance and referrals to grieving families and those helping them.

### Community Outreach & Trainings

4,818 people benefited from our community outreach and education last year. That's a 10% increase over last year.

Some of the specialized trainings we offered: Hillcrest staff, McCullough-Hyde Memorial Hospital chaplains, SWOG members, UC Genetic counseling graduate students and Withrow High School counselors/administrators.

# Program News

## New Adult Group Format

At Fernside we work hard to make improvements to the programs we offer and this year is no exception. Each year, parents/guardians who participate in our support groups give us feedback about their group experiences. Overall, adults have positive things to say about their groups. But

we noticed a trend. When asked how to make the groups better, a common frustration expressed was the sense that the group struggled to get beyond the storytelling phase. The group wanted to get to meatier topics but felt stuck introducing themselves and repeating their stories. We recognize this is due in part to the open nature of our groups. So, this summer, we made a significant change

“Parents are eager to address some of these topics. They seemed to welcome the ‘agenda’ for the year.”

– Facilitator

to the structure of our adult support group program.

Our new strategy for the adult groups is for the first meeting of each month to be devoted to a specific topic. Facilitators will generate discussion by asking topic-related questions and through relevant handouts. Group members are given a list of scheduled topics at their first meeting. Some of the topics that the groups will be addressing this year include:

*Your Child at School*

*Different Styles and Ways of Grieving Among Family Members*

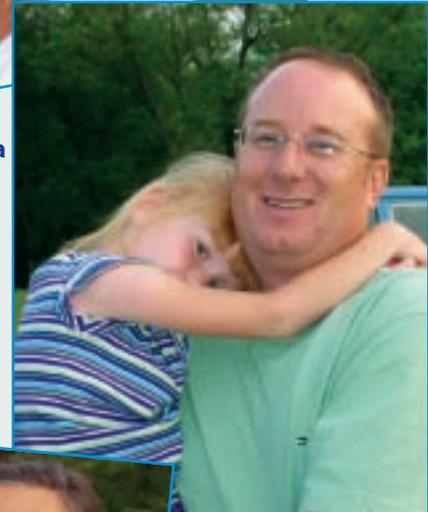
*Finding a New Normal – The 3 R's: Rules, Roles and Routines*

*New People in Your Life and the Lives of Your Children*

We held a special training this summer for our 15 volunteers who facilitate the adult groups. We're happy to report we've received positive feedback after just our first month of meetings this year. As always, Fernside's goal is to serve the needs of our children and families in the very best way.



Janelle & McKenna



Tim & Grace



Gail & Dorrie

## Support Groups Available

### Blue Ash:

2nd and 4th Monday Parent Loss/  
Significant Adult Loss Groups

2nd and 4th Tuesday Parent Loss/  
Significant Adult Loss Groups

1st and 3rd Tuesday Sibling Loss/  
Cousin/Friend Loss Groups

### Liberty Township:

1st and 3rd Tuesday Parent Loss/  
Significant Adult Loss Groups

### Bridgetown:

2nd and 4th Wednesday Parent  
Loss/Significant Adult Loss Groups

### Anderson Township:

2nd and 4th Tuesday Parent  
Loss/Significant Adult Loss Groups

**Families interested in joining our support groups must attend an orientation, held in Blue Ash on the 3rd Monday of every month. Please call the office for registration information.**

# Volunteer News

## Fernside Experience Inspires Academic Pursuits

Jami Pfirman is currently working on her PhD in psychology at Wright State University in Dayton, Ohio. The focus of her graduate research and dissertation is children's grief. Her interest in this subject arose from her personal experience. Jami, along with her daughter, participated in our program following the death of her husband. Later, Jami returned to Fernside as a volunteer and became a group facilitator. When asked about her decision to pursue graduate school Jami responded, "There are times when life knocks you to your knees, which is what happens when someone you love dies. Grieving for a loss can leave you feeling powerless. But it also provides an opportunity to develop resilience. By learning more about how



Jami Pfirman



Rena Arshinoff

kids grieve and, more importantly, what helps to foster resilience, we can do more than just help them survive loss. We can help them thrive." Jami continues to give back. Her dissertation will focus on program evaluation for Fernside.

Rena Arshinoff was already a rabbinical student at Hebrew Union College in Cincinnati when she discovered Fernside. She completed our training program and volunteered as a group facilitator and camp counselor. Rena drew upon Fernside's library and her experience working directly with grieving children in our program in writing her thesis "A New Jewish Response to Bereaved Children". Her work was recognized as one of two *Outstanding Student Papers* by the Association for Death Education and Counseling at their annual conference in Montreal in April 2008.



## The Write Side

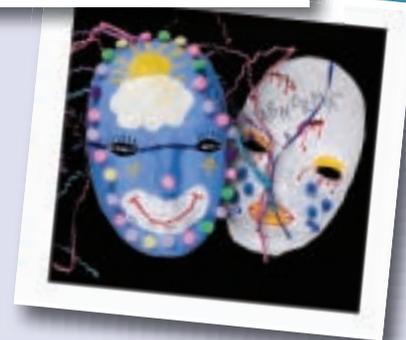
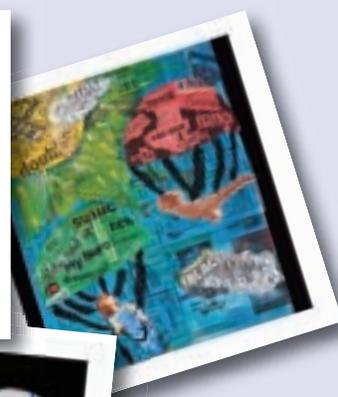
### giving grief form

*a collection of art by grieving children and teens at Fernside*

We're proud to announce the opening of Fernside's first ever art exhibit presented by KZF Design. The KZF Gallery, which opened in 1988, has made a commitment to the community to showcase the work of regional artists. Grieving children from Fernside were suggested and selected to close out the year.

The exhibit runs from Thursday, October 16th through December. The gallery is a unique concept in Cincinnati – a commercial art gallery in corporate space – and is open to the public during KZF Design office hours. KZF is located at 655 Eden Park Drive in Cincinnati.

In addition to the art exhibit, KZF Design made it possible for Fernside to create and publish a one-of-a-kind coffee table book that celebrates the artwork of grieving children and teens at Fernside. Contact us or visit our website to purchase a copy.



## To Contact Us at Fernside:

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## Charley's Pizza Party

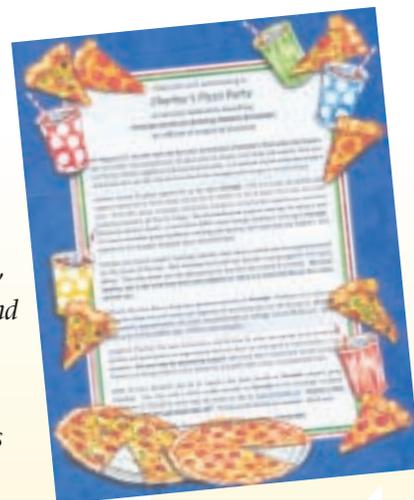
### A memorial celebration benefiting Fernside

Jim and Sally Ries wanted to give back to Fernside for the support they received while attending groups following the death of their son, Charley, at the age of four. They asked friends and family to make a donation to provide pizza served at Fernside support group meetings.

With these words, the Ries family, including Charley's siblings – Grace, Harry and Joshua – invited friends and family to donate to Charley's Pizza Party.

*"In light of Charley's five year anniversary (August 31st), and his love for pizza, we wanted to do something positive and give back to an organization that has done so much good to help families in our situation. Can you help by sponsoring a pizza? We know this is a busy time of year and your finances are being pulled in many directions, but grief often comes at unexpected times."*

Charley's Pizza Party has to date, raised an amazing \$3,203.00! Thanks Ries family! By sharing Charley's memorial celebration with Fernside, you've already made it possible for Fernside to serve over 300 pizzas to grieving families who attend our program.



Ries family

**Fernside**  
Supporting Children and Families Through Grief  
An Affiliate of Hospice of Cincinnati, Inc.

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