



Video Training Series: **SUPPORT FOR THE HELPERS: MOVING THROUGH OUR COLLECTIVE GRIEF & TRAUMA**

Resources for Session #4: *Grief Looks Different Now:
Creating New Rituals After a Death During the Pandemic*

AS SEEN IN THE VIDEO

The third video in the *Support For The Helpers* series: ***Losing Normalcy and Missing Milestones - Having to Do the Opposite of What Grief Needs.***

[View the video here.](#)

The second video in the *Support For The Helpers* series: ***Taking Care of Ourselves When The Rest of the World Expects Us To Take Care of Them.***

[View the video here.](#)

Make a Memorial at Home

#UpliftAtHome tutorial with Katherine Streit, MSW, LSW, M.S. Ed, Uplift Training Coordinator

[Watch the video here.](#)

ADDITIONAL RESOURCES

The Way We Mourn: Discussing Black Grief and Memorials

Hosted by The African American Museum in Philadelphia with a panel featuring grief specialist and professor, Tashel Bordere, PhD.

Recorded Thursday, July 9, 2020

[View the recording here.](#)

Event Description: The emergence of the current COVID-19 pandemic continues to limit options for public gatherings — transforming funeral traditions for communities around the world, seemingly overnight. With services limiting attending to small groups, many Black mourners have lost access to their traditions or have had to reimagine them. As the community mourns lives lost to police violence, to COVID-19 and to other crises that impact Black Americans, this public dialogue will focus on how Black citizens are handling grief and death in this moment. The event also includes a brief memorial ritual in honor of Black lives lost.

This event was built around an article in the *Philadelphia Inquirer*, ***Farewell from a distance: how this Black-owned Philadelphia funeral home handles a community's coronavirus losses***, by Cassie Owens. Tashel Bordere and the owner of The Terry Funeral Home were interviewed about funeral changes with the COVID-19 pandemic.

[Read the article here.](#)

Speaking Grief

The powerful documentary *Speaking Grief* was shown online, accompanied by a virtual Q&A session with Director/Producer Lindsey Whissel Fenton and grief support experts, including Uplift's Clinical Director, Kevin Carter and Megan Devine, author of *It's OK That You're Not OK*. Aimed at "creating a more grief-aware society," *Speaking Grief* is emotional viewing, and the post-film panel provides a unique way to sort through the feelings it can bring up for each of us.

Learn more about the [Speaking Grief documentary here](#).

Watch the [live screening & Virtual Q & A here](#) (available for free through July 30).

[Find more showings here](#).

10 Ways You Can Support Someone Grieving During the Coronavirus Crisis

Read the helpful article from *The Huffington Post* [here](#).