



Sol Levinson & Bros. Funeral Home Newsletter

Spring 2017 Bereavement Programs

Columbia Bereavement Program

**We Remember Them:
Finding Hope and Meaning After Loss**

Location: The Meeting House
5885 Robert Oliver Place, Columbia, MD, 21045
Date: Thursday, April 27, 6:30-8:30pm

Gilchrist Grief Services, Jewish Community Services, Jewish Federation of Howard County and Sol Levinson & Bros, Inc. Funeral Home present a Community Seminar: We Remember Them: Finding Hope and Meaning After Loss



Grieving the death of a loved one is a complex journey; it is a unique process for every individual. This seminar will provide attendees an opportunity to learn new coping skills, to better understand their feelings, and come away with a renewed sense of hope and meaning.

For full program details, please see the [information on our blog](#).

Free and Open to the Community - to reserve a space please register by April 19, 2017. Call: 443-849-8251 or email gs_grief@gilchristservices.org

Processing Grief through Art

There are several ways to cope with grief and loss constructively. In one of our previous events, people gathered to learn firsthand some of the benefits of journaling. Creating art, writing, music and other crafts can be very therapeutic in the grief process. [Here is a link to an art journal activity](#) for children and adults that is very basic (even for those of us with no artistic ability).



Pikesville Summer Bereavement Groups

Register now for our Pikesville Bereavement Support Group, beginning in June. This 8-week program offers you the opportunity to talk with specialists about grief, and find support amongst a community of others who are grieving.

Pre-registration is required. Contact Jewish Community Services to find out more or request to join the upcoming group: 410-466-9200



Meet Our "Family": Bob Heckle, 25 years at Levinson's

Bob Heckle's many roles play a vital part in the daily operations of our funeral home. As Operations Manager and Funeral Director, Bob oversees a staff of over thirty employees. From coordinating deliveries of shiva equipment, staffing funeral services, performing building maintenance, and making sure all of the "behind the scenes" responsibilities are met, Bob does it all. Levinson's relies on Bob's forward thinking to organize and keep track of the many moving parts needed to arrange and conduct a funeral. The "can-do"

attitude Bob brings to work every day is appreciated by everyone who works at Levinson's, and provides families with relief during a very difficult time.

When not at work, Bob lives in Westminster with his wife and two children, where he enjoys gardening and researching genealogy. As an art major in college, Bob learned to express himself creatively, and looks forward to spending more of his free time dabbling in pottery and watching artistic films.

Plan Ahead

There are several important reasons to pre-plan a funeral. Planning ahead helps provide peace of mind for you and your family, and eases the financial burden of a funeral. It is also an acceptable way to spend down a person's assets.

Click the image to watch our video, or [go to our website](#) and use the [Plan Ahead form](#) to get started.



Aftercare

Levinson's bereavement library, support groups, and educational events in Pikesville and Howard County ensure that the families we care for have support long after the funeral service ends.

You can find more details going to our [Aftercare Resources](#) page.

Daily Funeral Schedule

If you would like to receive Levinson's Daily Funeral Schedule every morning by email, [click here to sign up](#).

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Columbia Arrangement Center

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