

Newsletter - September 2020

Grieving During a Pandemic: Tools to Utilize During Covid



So much has changed since COVID-19 disrupted our everyday lives, and our community has rallied to find different but meaningful ways to try to reduce the isolation of grieving during a pandemic.

Greg King, Director of Grief Support & Community Education and Funeral Director, shares with us his thoughts on finding new and healthy ways to work through the grief process. He also reflects on how far we have come in just a few months, in terms of utilizing technology to help. **Read More**

Resources for Families & Our Community

Upcoming Memorial Event:



The families that Sol Levinson & Bros. has served since the beginning of the pandemic have not been able to sit, grieve, and pray together as an in-person community in the traditional, therapeutic manner in which we have historically sought comfort.

To help families grieve in these unusual times, we invite you to a virtual community-wide memorial service on **Thursday**, **September 10th at 7pm**.

The memorial will include prayers and rituals led by clergy from local synagogues, followed by a program offering strategies for coping with loss and grief during the Jewish High Holidays.

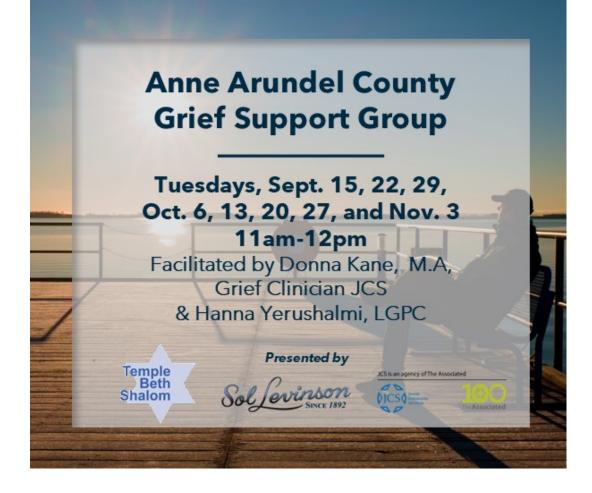
You are welcome to join for all or part of this gathering. Please see our blog post for full details and important links.



Addiction During Restriction: Families Navigating Recovery in the Time of COVID-19 Tuesday, September 15 at 7:00 pm

This program will provide an opportunity for community members to hear individuals with substance use disorders, family members, and professionals share their recent experiences, the lessons they've learned, and resources available during COVID-19.

The free program will take place via Zoom. To receive the Zoom link, register at <u>bit.do/sudcovid</u>. Live captioning may be available with 48-hour notice through Maryland Relay Service.



Anne Arundel County Grief Support Group Tuesdays, September 15, 22, 29, October 6, 13, 20, 27 and November 3 11am - 12pm (meeting virtually)

Join Donna Kane, MA CT, Grief Clinician - Jewish Community Services and Hanna Yerushalmi, LGPC for a Grief Support Group for those in need in Anne Arundel County. The group will meet virtually, and provide support to members of the community who have experienced a loss and would benefit from the guidance of counselors who specialize in grief and bereavement and others who are going through the same thing. To register, **click here.**

Advance Planning: A Gift to Your Family



Are you working on retirement planning and want to know how a funeral factors into your financial plans? Are you curious about cemetery choices, or do you just have some questions about the various types of services we provide?

Getting information from us ahead of time can can greatly impact your family's experience at the time of a loss.

You don't need to be ready to decide everything. Whatever your question is, and wherever you are along the timeline of information gathering, please don't hesitate to get in touch.

For more information:

- See our <u>online appointment scheduler</u> for how to set up a phone or Zoom appointment
- Start filling out our <u>Advance Planning Questionnaire</u>
- Take a look at the Advance Planning section of our website, or
- Call us at 410-653-8900

Levinson's is committed to providing the same caring, professional and personalized service that has been synonomous with our name for over 125 years. If you have any questions regarding our services, please contact us so we can help.

Our Locations

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