

Parmenter Monthly

Inspiring Hope & Healing in MetroWest

In this month's newsletter:

- Meet Charlie's Guys
- Modern Loss Event
- Lights of Remembrance
- Supporting Someone who is Grieving the Loss of a Child
- Sudbury Doing Good Fair
- Comfort in Commerce
- Shareworthy

A New Grantee: Charlie's Guys

We are excited to announce one of our newest grantees! [Charlie's Guys](#) provides support, through special gifts, experiences and care packages, for children 18 years and younger who have lost a sibling or loved one. The Parmenter Foundation's grant will help Charlie's Guys expand its programming to provide access for MetroWest families.



A candid conversation about grief and healing with author Rebecca Soffer, for those who have had a loss or those who would like to support others navigating the challenging grief journey.

Wednesday, November 2,
2022

7:00 PM

[Weston Community Center](#)

Hosted by [The Parmenter Foundation](#)

Please join us for a candid, no-holds-barred discussion with [Rebecca Soffer](#), the author of two books, most recently [The Modern Loss Handbook: An Interactive Guide to Moving Through Grief and Building Your Resilience](#). She is also cofounder of the [modernloss.com](#) community, which since 2013 has become a leader in elevating the conversation around living honestly – and living well – with loss across the long term. Based on her own experience with the sudden deaths of her parents, Rebecca brings a fresh, warm, and even humor-

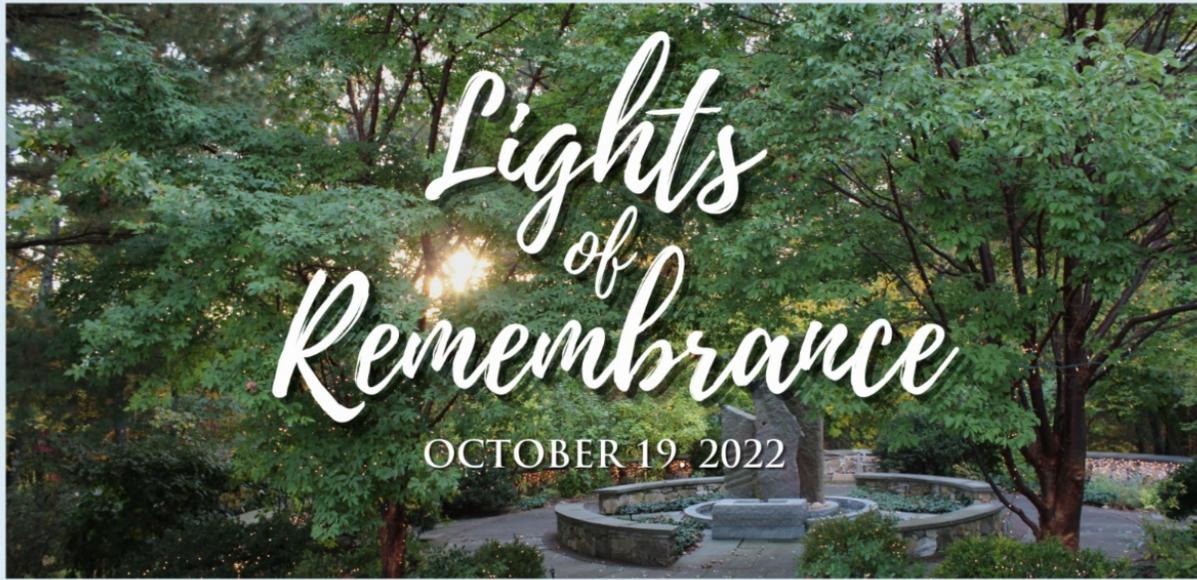
An event poster with a light blue background. On the left is a photo of Rebecca Soffer, a woman with blonde hair wearing a blue patterned top. The text on the right reads: "PLEASE JOIN US", "A CANDID CONVERSATION ABOUT GRIEF AND HEALING WITH AUTHOR REBECCA SOFFER", "MODERATED BY GRIEF EXPERT KEN BARRINGER, M.A., LMHC", "HOSTED BY THE PARMENTER FOUNDATION", "Location: Weston Community Center 20 Alphabet Lane, Weston, MA", "Date: November 2, 2022", "Time: 7 PM". At the bottom are logos for "modern loss" and "THE PARMENTER FOUNDATION".

infused perspective to grief and loss in her aim to normalize how we regard this universal experience. She is also full of practical and creative advice, without platitudes or assurances, on navigating through the grief journey and providing meaningful support to those along the way.

The event will be moderated by local grief expert, Ken Barringer, M.A., LMHC, founder of the [H.E.A.L.I.N.G.](#) grief support program in Newton, MA.

Rebecca will be available to sign copies of her book following the program.

Annual Lights of Remembrance Service



THE PARMENTER FOUNDATION

- MUSIC
- CEREMONY IN MEMORIAM
- GARDEN LIGHTING
- REFRESHMENTS

All are welcome to join us as we illuminate the ***Dora Efthim Healing Garden*** located at the ***Miriam Boyd Parlin Hospice Residence*** in Wayland, MA. You may also participate by purchasing a symbolic light in memory of a loved one for the ceremony to support local compassionate hospice care.

Please purchase your light(s) on or before October 11, so that we may include your loved one(s)' name in our program booklet and ceremony.

www.parmenterfoundation.org/events

Supporting Someone Who is Grieving the Loss of a Child

Introducing a new adult bereavement resource, "Supporting Someone Who is Grieving the Loss of a Child," including tips for what to say and what not to say, and what supportive actions you can take to help a friend or relative who has experienced the death of a child. This guide was developed by [Myra Sack](#), a local writer, activist and bereavement care facilitator who lost her oldest daughter, Havi, to Tay-Sachs disease.

<https://parmenterfoundation.org/adult-bereavement-resources/>



HOW TO SUPPORT SOMEONE WHO IS
GRIEVING THE LOSS OF A CHILD

Sudbury Doing Good Fair

Saturday, November 5, 2022

11:00 AM to 2:00 PM EDT

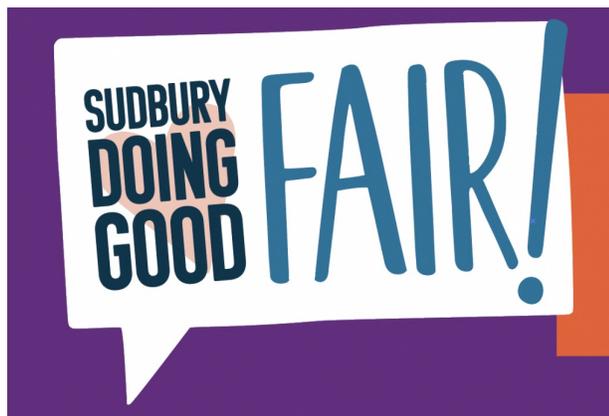
Goodnow Library

21 Concord Rd

Sudbury, MA 01776

Come see us at this fun event and learn all about the good work being done by 50 wonderful Sudbury nonprofit organizations, community groups, and town departments. It's an opportunity to find a meaningful volunteer opportunity, connect with others who share your interests, and

discover the many services available here in the Sudbury community. Click here to see the list of exhibitors, including The Parmenter Foundation!: sudburyfoundation.org



BUILDING COMMUNITY WHILE INSPIRING HOPE AND HEALING FOR OUR NEIGHBORS WHO ARE GRIEVING.



Each month, we partner with a business to share a special offer with our Parmenter friends. **You must "Follow" or "Like" The Parmenter Foundation, on [Facebook](#) or [Instagram](#), to take advantage of these deals and make sure not to miss them as they come up.**

This month's business partner is [Coast & Country Boutique](#) in Sudbury.

Coast & Country Boutique offers outstanding, individualized customer service and curates a fresh, exciting, affordable collection of contemporary women's clothing and accessories that is an eclectic mix of casual and sophisticated, classic and artsy. The boutique showcases jewelry handcrafted by local artisans and by women at risk in developing nations. 10% of its profits go to charity. It's a great place to get beautiful gifts for friends or loved ones navigating grief or other challenges.

Book a private girls' night out, sip-n-shop with your friends, and receive a hostess gift!

Follow us on social media to take advantage of a special Comfort in Commerce offer from Coast & Country.



[Sign up for Good Shepherd's Annual Institute Dinner: The Story after the Story - Humanism and Medicine Post Covid](#) with keynote speaker Dr. Abraham

Verghese, physician and author of bestselling book, *Cutting for Stone*.

[Stephen Colbert and Anderson Cooper's beautiful conversation about grief - YouTube](#): An honest conversation about how the profound losses in their lives have shaped who they are today.

[10 Ways to Overcome Grief-Related Anxiety - Modern Loss](#): A step-by-step guide to managing this monster sibling of grief.

[I never knew grief counseling was like that?! Myths and realities of grief counseling with Ken Barringer](#): Grief in Brief Podcast Episode.



Contact Us



Donate Now!

www.parmenterfoundation.org

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