

THE NEWS *of* ORANGE COUNTY

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At the Library: Program to explore grief and the grieving process

*By Erin Hils Shepherd
Orange County Public Library*

The first part of this week's column was written by DJ Pappas, licensed professional counselor:

We see profoundly sad stories each day. Domestic tragedies headline the news, while technology brings stories from far away into our lives.

When I watch, listen and read about the families affected, I think about their journey of grief. I am often awed by their resilience and fortitude to manage their grief in ways that help them through the pain of loss.

In our everyday lives, we experience change and a sense of loss. It can be the little losses of life or a pivotal moment that means life will never quite be the same:

Mixed in the pride of seeing our child go to college, we are sad to see them leave us;

- A neighbor gets a new job but has to move;
- A way of life one has known disappears through the decisions of others;
- A family copes with emotional or developmental challenges with family members; or
- A loved one dies after a long illness or an accident suddenly takes someone's life.

Through the years, I have counseled families struggling with loss and experiencing grief. The journey with grief is not easy. Nor is there a perfect prescription to deal with grief. However, it is possible to arrive at a different place—a new normal.

I help people with their journey of grief, whether from profound loss or the losses of everyday life. This is why I am partnering with the Orange County Public Library for the program 'Life After Loss: The Journey of Grief,' at 10 a.m. Saturday, Aug. 24, at the OCPL Main Library, 137 W. Margaret Lane in Hillsborough.

During the one-hour program, which is free and open to the public, we will look at:

- What is known about the grieving process;
- How to understand your own grief; and
- What you can do to help yourself and how to help those around you who are grieving.

We will also explore the various ways of coping with grief and the tools and resources available to people. Finally, we will examine the possibility of seeing brightness in life after loss.

For more information about this program or to register, please go to <http://bit.ly/aug24loss> or www.orangecountync.gov/library.

Friends of the Library paver fundraiser kicks off this month

The Friends of the Orange County Public Library are asking the community to help “Pave the Way” for OCPL’s continued success by purchasing personalized brick pavers beginning on Aug. 15.

The pavers will be installed in early 2014 at the OCPL Main Library entrance.

When FOCPL offered pavers in 2009 and 2010, more than 350 were purchased by individuals, businesses, churches and civic organizations. Those pavers can be seen in the brick walkway in front of the OCPL Main Library on West Margaret Lane.

“Though it’s been three years since the last sale, people still come into the library and ask if they can purchase a paver,” FOCPL President Janet Flowers said. “The Friends are bringing them back by popular demand.”

Funds raised from this paver sale will be used to enhance library services, programs and collections. Previous paver sales funded the purchases of a self-checkout kiosk, Kindle e-readers, an LCD projector, teen room furniture and shelving for OCPL.

The paver fundraiser runs Aug. 15 through Nov. 1, 2013. More information will be available in this column on August 21 and online at www.orangecountync.gov/library/pavers.asp beginning Aug. 15.

Erin Hils Shepherd is the communications specialist for the Orange County Public Library, which is located at 137 W. Margaret Lane. She can be reached at eshepherd@orangecountync.gov or 919-245-2543.