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Friends of griefHaven ‘Live Your Best Life’ Luncheon Returns, Features Dr. Ken Druck

Submitted by GRIEFHAVEN
Special to the Palisadian-Post

The Friends of griefHaven will host its annual “Live Your Best Life” luncheon on Wednesday, November 8, at the Luxe Hotel to raise awareness of and fundraise for griefHaven.

This Pacific Palisades-based “haven of hope” provides unique and specialized grief support for parents, siblings, spouses, families and communities who are grieving the loss of loved ones. Due to the pandemic, this luncheon will be griefHaven’s first event in four years.

Susan Whitmore, a Palisades resident for 35 years, created griefHaven in 2003 after the death of her daughter Erika when she could not find the type of grief support she so desperately needed—a holistic approach that included the latest grief research, including the grieving brain.

It initially started as a center that provided support groups, individual counseling and a website with comprehensive resources for those grieving the loss of a child, and then significantly expanded its mission to provide grief support and education for all losses.

GriefHaven offers loving and effective guidance, unique grief tools, and the latest scientific information about grief. Its reach includes collaborating with and educating professionals and first responders whose careers deal with grief, while also helping the general public understand how to support someone who is grieving. Its team of 14 therapists and counselors, all trained in the griefHaven Method, facilitate support groups and provide one-on-one grief support in person and on Zoom.

The Friends of griefHaven started with a core group of Palisadians, some of whom had also experienced great loss in their lives.



Photo courtesy of griefHaven

The group supports griefHaven’s mission and vision through financial contributions, hands on assistance and yearly fundraising events.

Ellie and Bruce Lederman, longtime Palisades residents, are underwriting this year’s luncheon “so that all proceeds go directly to griefHaven.” After losing their son Eric, the Ledermans participated in a griefHaven child loss group. Bruce subsequently joined the Board of Directors, and he and Ellie are hands-on supporters.

Dr. Ken Druck, this year’s keynote speaker, is one of the world’s leading experts on healing after loss. Since losing his 21-year-old daughter in an accident in 1996 and working with families after 9/11, Sandy Hook and Columbine, he has dedicated his life to helping individuals, families, organizations and communities rise up from their most daunting and difficult losses, changes, challenges and crises.

Druck is a best-selling author, recipient

of the Distinguished Contribution to Psychology award and noted keynote speaker, having spoken at the United Nations, Harvard School of Public Health, California Women’s Conference and Young Presidents Organization.

In September, he gave the keynote speech at the 22nd anniversary of 9/11 in New York, and his life’s work is featured regularly in national media, press and social media.

Druck will address resilience in the face of life’s challenges, and how that determines the quality of our lives and defines our character.

To purchase a ticket, become a supporter, join the Friends of griefHaven or if you need support, contact hope@griefhaven.org or 310-459-1789. GriefHaven’s website is located at griefhaven.org and receives hundreds of thousands of visits from around the world.