NOVEMBER 2026 • INAUGURAL ISSUE

Heart-to-Heart

Positive Grief Support

Compassion • Connection • Mutual Care

Finding Stillness in the Midst of Life

One moment. One breath. One day at a time.

💞 From the Heart

A MESSAGE FROM DIANNE

Life doesn't always give us permission to slow down.

Responsibilities continue. Families need us. Decisions must be made. And sometimes, while we're taking care of everything and everyone else, we forget to check in with ourselves.

During our November Heart-to-Heart gathering, we explored the importance of Stillness.

One of the beautiful reminders from our conversation was that stillness looks different for everyone. For some, it's prayer or meditation. For others, it's sitting quietly, taking a walk, listening to music, or simply allowing themselves to rest.

Stillness doesn't mean life has stopped. It means we are allowing ourselves a moment to be present within it.

As we approach the holiday season, I encourage you to give yourself permission to experience your emotions without judgment.

You can be grateful and grieving. You can experience joy while missing someone you love. You can celebrate a new beginning while acknowledging what has changed.

Remember, you don't have to do everything, attend everything, or explain every emotion.

Sometimes, taking care of your heart is the most meaningful thing you can do.

With Compassion, Connection, and Mutual Care.

Dianne Lawson
Author • Life Coach • Bereavement Facilitator



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🌿 Understanding Grief

Grief and the Holiday Season: Making Room for Both Love and Loss

The holidays often bring expectations of happiness, togetherness, and celebration. Yet for someone experiencing grief, they may also bring memories, loneliness, uncertainty, or emotional exhaustion.

Grief isn't limited to the death of someone we love. We may grieve changes in relationships, health, employment, family traditions, or the life we once imagined.

There is no single right way to navigate these experiences.

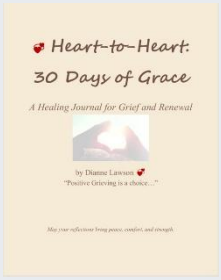
Consider giving yourself permission to:

- **Honor memories:** Continue a meaningful tradition or create a new one.
- **Establish boundaries:** Participate in activities that support your well-being without feeling obligated to attend everything.
- **Welcome moments of joy:** Laughter and happiness do not diminish the love you carry or the losses you've experienced.
- **Reach out:** A conversation with someone who listens without judgment can make a difference.

Remember: Grief and gratitude can coexist. Neither cancels the other.

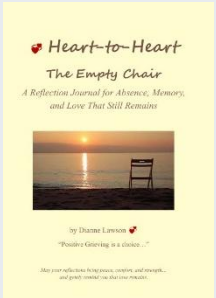


Featured Heart-to-Heart Publications



Heart-to-Heart: 30 Days of Grace

A healing journal offering space for reflection, encouragement, and renewal while navigating grief.



Heart-to-Heart: The Empty Chair

A compassionate resource for acknowledging absence, honoring memories, and exploring the continuing presence of love.

For more information about Heart-to-Heart resources and publications, visit DianneLawsonOnline.com

📝 A Moment for Reflection



This Month's Reflection: Giving Yourself Permission

Take a few moments to consider:

1. What emotion have I been carrying that I haven't allowed myself to acknowledge?
2. What does stillness look like for me?
3. What is one thing I can do this month to care for my emotional well-being?

A Gentle Reminder

We don't have to resolve every concern today. Sometimes, acknowledging how you feel is enough for this moment.

📚 Resources and Events

Heart-to-Heart Positive Grief Support

Our gatherings provide opportunities for meaningful conversations, personal reflection, encouragement and mutual care.

🗓️ Next Gathering: Saturday, December 5, 2026

Yvonne Burke Senior Center
Conference Room
4750 W. 62nd Street
Los Angeles, CA 90056

First Saturday of the month • 9:00 AM Pacific
Topic and participation details to be announced.

A Closing Heart-to-Heart Reminder

"Grief lasts a lifetime. Positive Grieving is a choice."

Your journey is personal. Your emotions matter. And you deserve compassion along the way.

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