

December 9, 2024

Coping with Holiday Grief:

Support and Strategies for Navigating Loss



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Expert Mental Health Panelist



Brittany Becker
LMHC, LPC, CASAC-T

Licensed Mental Health Counselor



Dr. Allison Cottone
School Psychologist/CSE Chairperson



Phoenixx Hutchinson
LCSW, CCTP, ADHD-P

Trauma & Anxiety Specialist and
Holistic Health & Wellness Coach



RESOURCES
PROVIDED BY OUR MENTAL
HEALTH PROFESSIONALS



Workbook - Journal

HEALING GRIEF & LOSS



COPING WITH LOSS WORKBOOK



CASSIE JEWELL, LPC, LSATP

This comprehensive workbook includes exercises, tips, activities, resources, and actionable steps to support your healing.

Workbook/Journal



Supports for Children



Death and Grief in the Family: Providing Support at School

BY KELLY S. GRAYDON, PHD, *Chapman University, Orange, CA*
SHANE R. JIMERSON, PHD, NCSP, *University of California, Santa Barbara*
EMILY S. FISHER, PHD, *Loyola Marymount University, Los Angeles*

Loss is a natural and expected part of life. Before reaching adulthood, the majority of children and adolescents will experience the loss of a close or special person. Therefore, it is very important for educators and staff at all levels to have a strong understanding of the ways in which they can support grieving students. This includes having a solid understanding of expected grief reactions as well as the ability to identify reactions or behaviors that are indicative of unhealthy mourning. School personnel should be aware of the resources available for bereaved students at their school sites as well as in their communities, and be ready and willing to direct both students and families to needed support.

[How Schools Can Help](#)

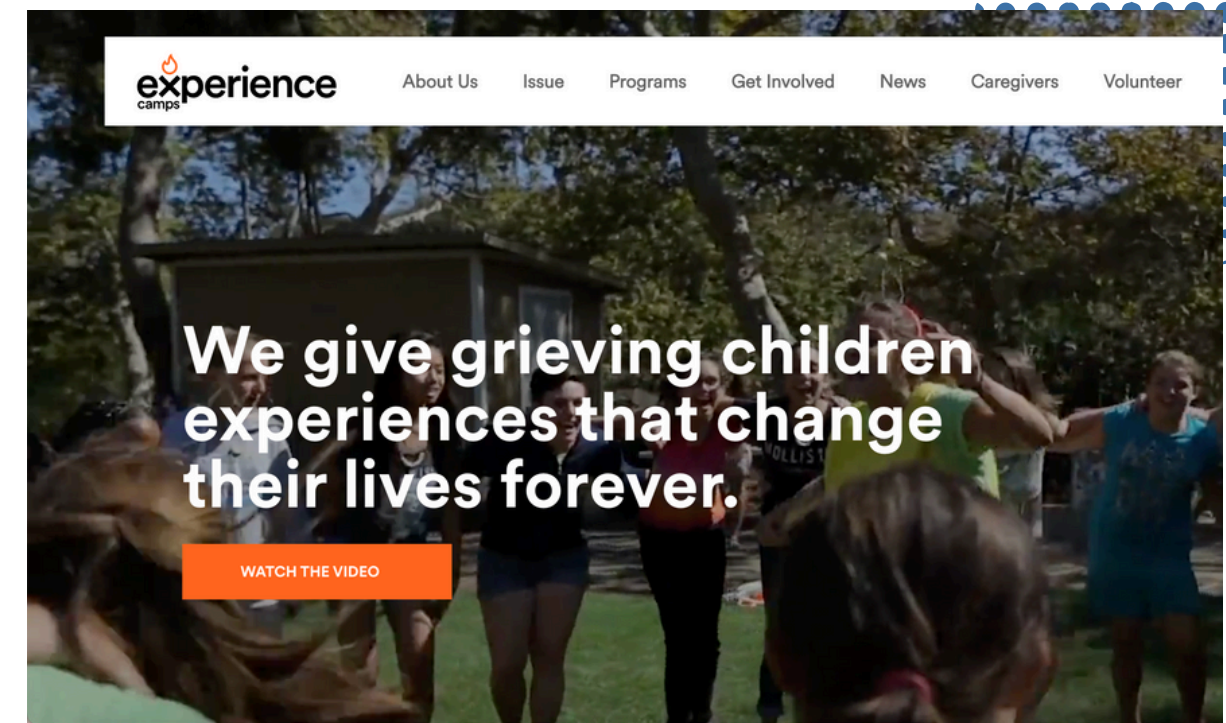


Recommended Books for Children Coping With Loss or Trauma

NATIONAL
ASSOCIATION OF
SCHOOL
PSYCHOLOGISTS

Books can be wonderful tools to use with children who have experienced difficult times such as trauma or loss. Reading (or being read to) and talking with adults can help them understand and cope with their feelings in a developmentally appropriate way. Reading also offers a great way to spend time with a child, reinforce a sense of normalcy and security, and connect with them, all of which are important to recovery from a traumatic experience.

[Books for Children](#)

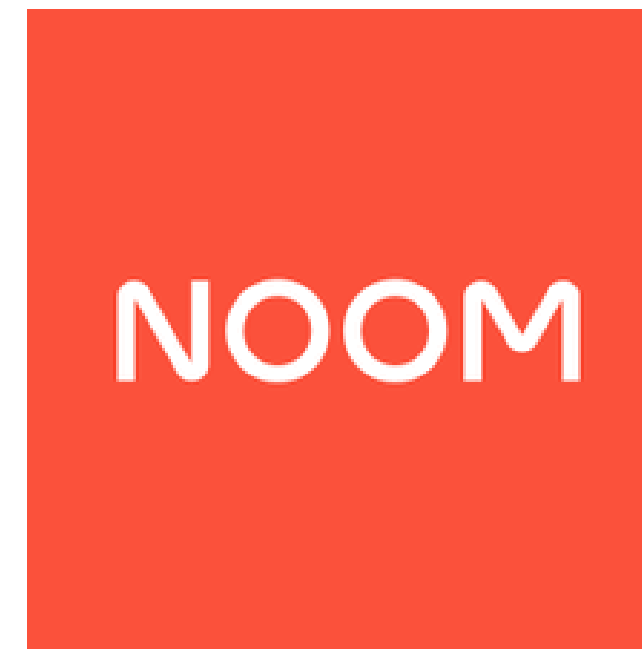


[Camp for Children](#)

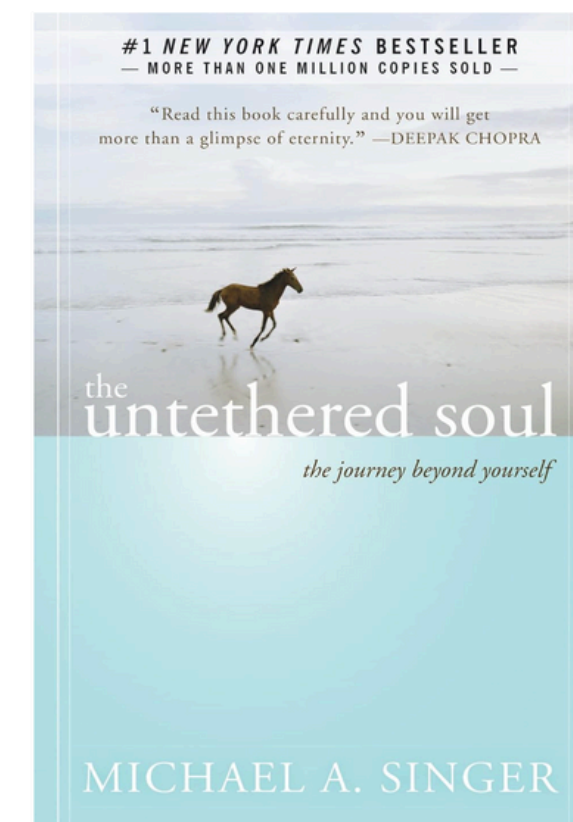
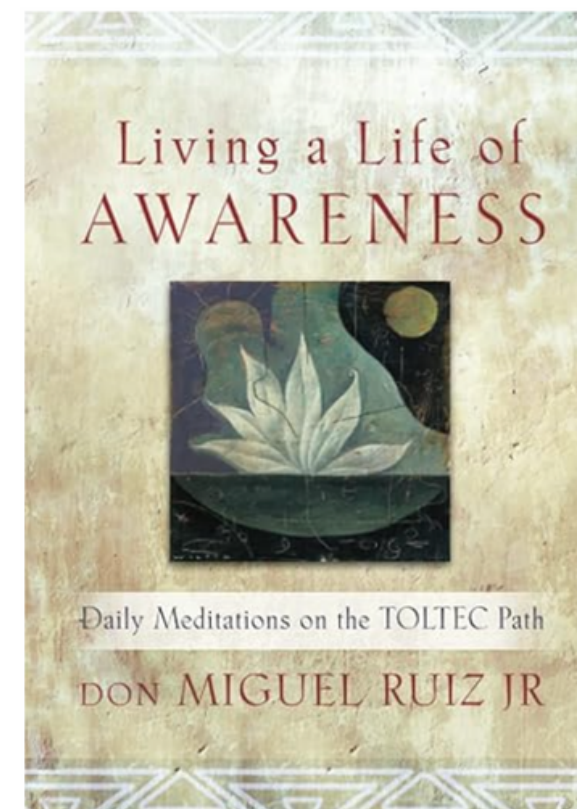
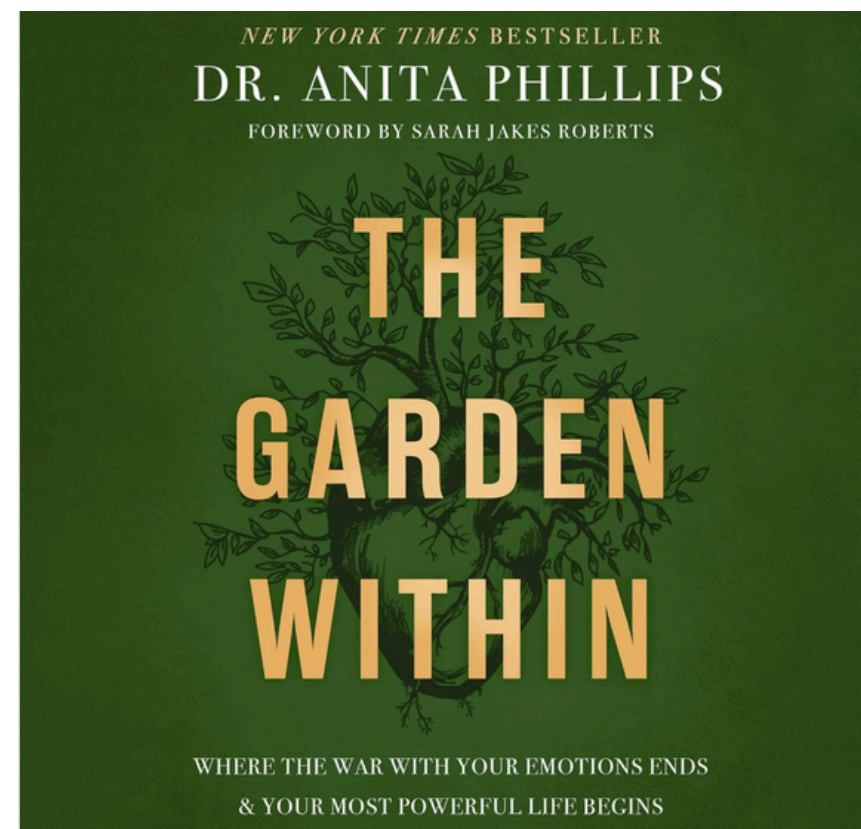
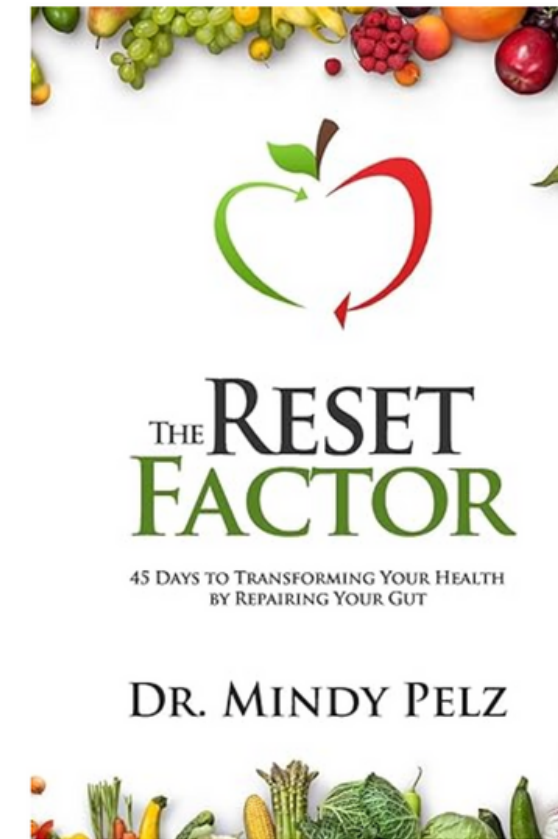
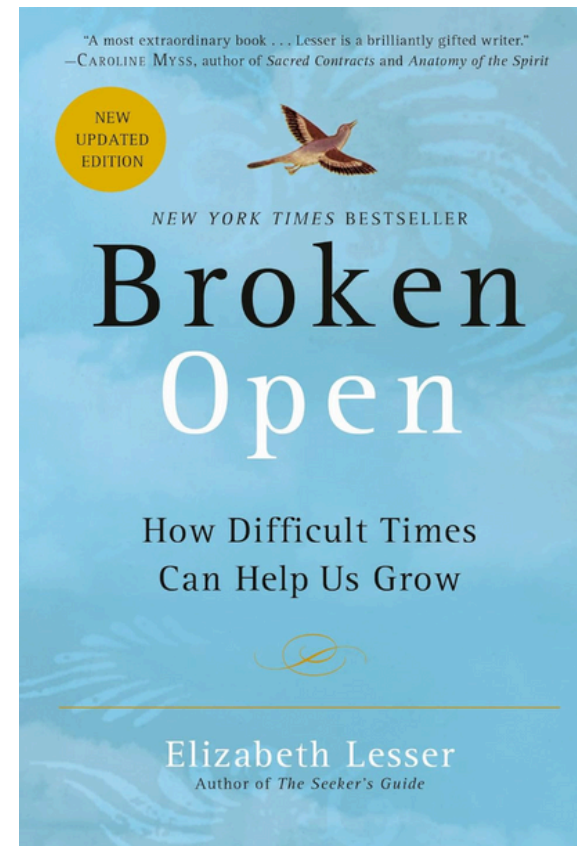


[National Alliance for Children's Grief Resource Library](#)

Wellness Apps



Book Recommendations



Mental Health Information, Support and Directories

Clinicians of Color

www.cliniciansofcolor.org

Melanin and Mental Health

www.melaninandmentalhealth.com

NAMI National Alliance on Mental Illness

www.nami.org

Psychology Today

www.psychologytoday.com

Substance Abuse and Mental Health Services Administration

www.SAMHSA.gov

Therapy For Black Girls

www.therapyforblackgirls.com



Holistic Services, Products and Women's Health Support

Body and Brain Services

www.bodyandbrain.com

Heal Haus

www.healhaus.com

HoneyDew Holistics

www.honeydewwholistics.com

**Honor's Haven Retreat &
Conference Center**

www.honorshaven.com

Naturopathic

www.naturopathicmm.com

Omega Institute for Holistic Studies

www.eomega.org

Queen Afua Wellness Institute

www.queenafua.com



Additional Resources



Podcast



Podcast



Podcast



Ted Talk



Mental Health Professionals





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Licensed Mental Health Counselor

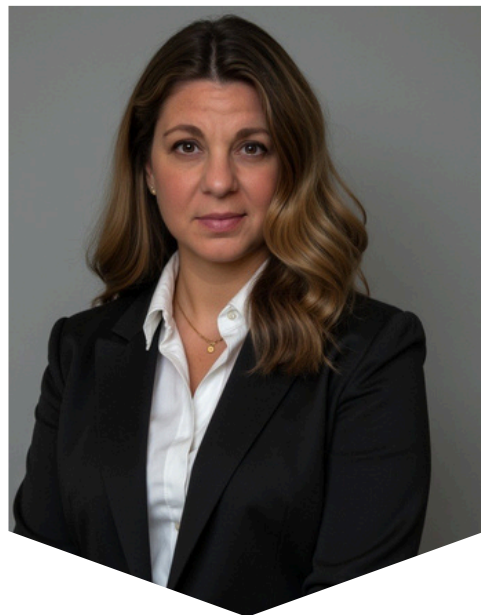
Brittany Becker Psychotherapy

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Dr. Allison Cottone

School Psychologist/CSE Chairperson

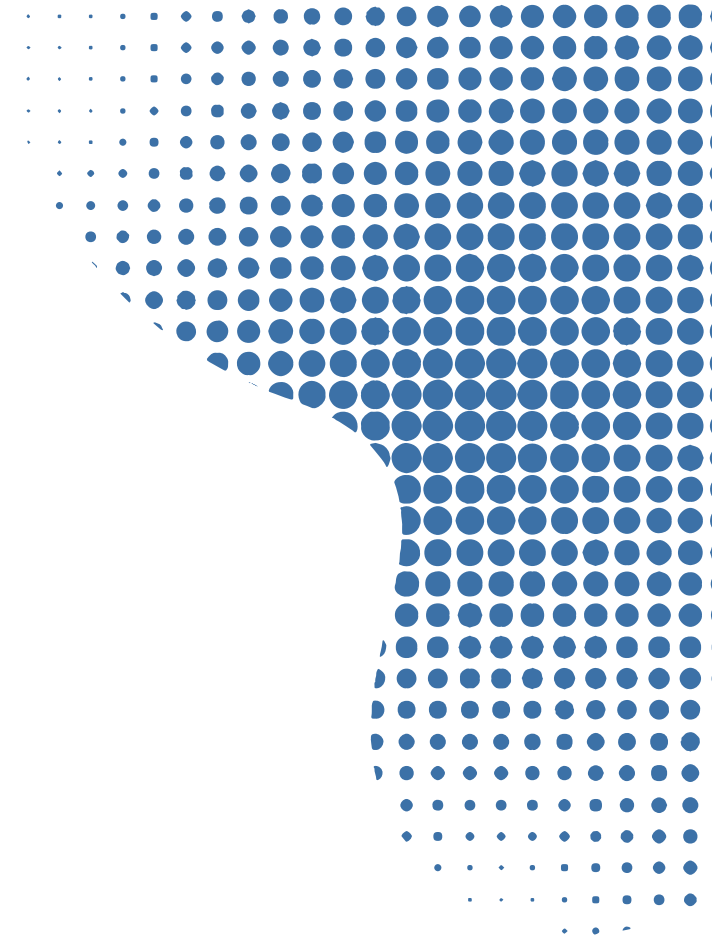


Phoenixx Hutchinson, LCSW, CCTP, ADHD-P

Trauma & Anxiety Specialist and
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Healer's Haven Wellness Solutions

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***Expert Panelist
Contact Information***



Brittany Becker, LMHC, LPC, CASAC-T

Brittany Becker is a Licensed Mental Health Counselor dedicated to empowering individuals on their journey to mental well-being. With a wealth of experience supporting clients of all ages, particularly young adults and their families, Brittany has worked tirelessly to make a positive impact within the mental health community. Having held various roles in New York City and Long Island, including Director of an intensive therapeutic center and community education specialist, Brittany brings a comprehensive understanding of mental health challenges and innovative treatment approaches to her private practice.

Brittany specializes in helping people navigate grief & loss, mood disorders, borderline personality disorder, early parenthood, young adult executive functioning, and stressors faced by family members of people with mental health challenges, utilizing DBT and CBT skills wherever indicated. Beyond professional expertise, Brittany is a compassionate and empathetic listener who fosters a warm and supportive environment.

With a focus on personalized care, she combines clinical knowledge with creative problem-solving to help clients navigate life's challenges, from everyday stressors to complex trauma. Brittany believes in the power of human connection and the transformative potential of therapy. By creating a safe and non-judgmental space, she helps clients uncover their strengths, embrace their vulnerabilities, and embark on a journey of self-discovery and healing.

Dr. Allison Cottone - School Psychologists

Dr. Allison Cottone is a dedicated school psychologist in Long Island, NY. Her compassion and expertise with helping children and families during mental health challenges, is exceptional. She is also a Committee on Special Education (CSE) Chair. In this role she collaborates with teachers, counselors, and support staff to bring about positive outcomes for students. Dr. Cottone is committed to fostering students' academic, social, and emotional growth and is passionate about cultivating inclusive environments where all learners can succeed.

PHOENIX HUTCHINSON, LCSW, CCTP, ADHD-P

Trauma & Anxiety Specialist Holistic Health & Wellness Coach*

Phoenix Hutchinson, LCSW, CCTP, ADHD-P is a licensed Mental Health Professional, Wellness Advocate, and the visionary Owner of Healer's Haven Wellness Solutions. With over 20 years of experience in studying, navigating, and understanding Human Behavior & Analysis, Brain Health, and Wellness Initiatives across both private and public sectors, Phoenix stands as a beacon of knowledge, wisdom and compassion.

As a former Corporate Executive, Strategic Planner, NYS Trainer, and Administrator for the Office of Mental Health and the Office of Children and Family Services (OCFS), Phoenix has established herself as a leading authority in Mental Health Systems of Care, Complex Trauma & Anxiety, Holistic Health Intervention & Planning, and Organizational Change.

Phoenix's expertise in integrating somatic methods, sound healing, spirituality practices, and evidence-based clinical interventions help clients manage stress, anxiety, and depression symptoms. She leverages mind-body-spirit centered skills to enhance trauma responses, improve ADHD symptoms, and reduce emotional and physical symptoms, thereby improving overall outcomes and functioning. Her unique gift lies in intuitively incorporating spirituality, holistic methods, biofeedback, and indigenous practices into her clients' health protocols, tailored to their specific treatment and wellness goals.

Her primary clientele includes Highly Sensitive Persons (HSP) and Empathic Leaders who may identify as Neurodivergent, seeking support with life transitions, workplace burnout, bullying, shadow work, executive functioning, and attachment style issues. Phoenix also offers customized corporate programs to groups, organizations, houses of worship, and agencies, helping them achieve their wellness and productivity goals.

An Award-Winning and Best-Selling Author, Phoenix has penned the breakthrough journal and guide, **"If I Should Die Before I Wake: Your Journey to Awakening Your Calling."** As an Alchemist and Intuitive Healer, she is on a mission to guide 100 Beautiful Souls to transform their lives through her proprietary retreats, programs, and services. Phoenix is passionate about helping Compassionate Leaders who selflessly help and heal others to **Reveal, Heal, and Live On Purpose.**

Thank you for joining us!

We hope the strategies, insights, and resources shared by our expert panel provide comfort and support as you navigate this holiday season.

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Verdel A. Jones - Founder and CEO

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