

The World Mourns for Japan' People

-A message from the Chair, Living through Loss Counselling Society of BC

On the heels of the global awakening felt from the middle east conflicts witnessed by the events occurring in Tunisia, Egypt, and Libya, many people in these countries have been grief stricken and suffered incalculable losses due to death, destruction of home and properties, work, communities and a general sense of security and safety. Canada and specifically Vancouver residents have observed by access to 24/7 social media and traditional news reporting the shock and devastation happening in these countries. We are mindful that many of our citizens have family, friends and business associates that are impacted in these conflicts and in turn this type of loss can have indirect impact on all of us as we watch and learn the enormity of the losses suffered and what our response from our government and agencies will be.



Now over the weekend the world watches and learns of the impact suffered by the March 11, 2011- 8.9 magnitude earthquake and tsunami in Japan and although not yet known while the rescue and recovery efforts unfold, tens of thousands are feared killed. These global events have domino impacts not only from a world economic, political, and social perspective, but they cut deep into the hearts and souls of our local communities as we watch the events unfold. At this time, we are reminded of the impact on communities the need to understand the notion of community grief and loss. Many of our citizens in the local Japanese community are directly impacted, and it is important to be aware that watching and feeling the Japanese people's devastation can and often does trigger multiple remembrances of our past losses and grief. This is an important element of what is discussed under the concept of community grief.

I would like to remind everyone to talk with your family, friends, and colleagues about your feelings concerning the world events, do what you feel is right in supporting those suffering loss in Japan, and those others in countries most prominent today, in the news. We at Living through Loss Counselling of BC can help those who may be triggered by these events, or in working to support those that have suffered a loss.



At this time on behalf of the Board of Directors, staff, volunteers and Society members I would like to extend our heartfelt condolences to those individuals who have suffered a loss and that have been impacted by this most recent devastation in Japan. We watch with the world the work of those undertaking the rescue and recovery processes now underway and sincerely hope that more rescues are known in the coming days. As we wait and watch, please contact our agency for more information on the grief and loss process; how our staff can help you or community members at this time of loss understand the normal feelings and responses during loss and grief, at www.ltlc.bc.ca or by calling 604-873-5013.

Cheryl L Bucar, Chair of the Board of Directors

Living Through Loss Counselling Society of BC