

Mike Spatola

Hometown:

Scotch Plains

Time as a volunteer:

Two years

Volunteer Job:

Mike is a volunteer facilitator in the green group (3-5 year olds) and also volunteers his time in the volcano room. Aside from just facilitating, Mike also helps us transform our space into a grief support center and back again on all three nights of service by setting up and cleaning up of all the rooms in which we hold our peer support group meetings.

“Running our Nights of Service would not be impossible without Mike!” says Joe Primo, Center Director.

We sat down and asked Mike the following four questions;

What brought you to Good Grief?

I began at Good Grief looking to gain experience in peer support as a means of broadening my practical experience in preparation for a master’s degree program in social work.

What have you learned?

I have learned that death and dying is an intensely personal experience. I have come to understand the importance of acknowledging one’s loss without any personal expectations or preconceived notions. Honestly, examining my own feelings about death and loss has been crucial in providing a safe and

non-judgmental space for the families that come to Good Grief.

How this experience has affected your life?

My time at Good Grief has made me a better listener. I have also



Mike with participants from his 3-5 year old peer support group.

surprisingly discovered my love of working with children.

What brings you back?

The people bring me back. The families who come to Good Grief motivate and inspire me like nothing else I have ever been a part of.