



Let's Talk About Grief!

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October 15th 2018:Encore: Coping With Grief After a Sudden Death

If we had it our way, most of us would like to have the opportunity to say goodbye to the people in our lives before they die. However, in a lot of instances, this is not the case. The sudden death of a loved one can throw your life in a tailspin. Even though grief from a sudden death is not greater than an anticipated death, the capacity to cope with sudden death is diminished. Tune in today to hear La Tanya Cobb and Shandra Summerville tell their stories of grief, heartbreak and resilience after the sudden death of a loved one. What they have to say might be just what you need to help you on

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Featured Guests



La Tanya Cobb

La Tanya Cobb resides in Urbana, Illinois and is an Associate Director for Undergraduate Students at the University of Illinois in Urbana-Champaign. La Tanya's sister LaKita passed in March 2016 unexpectedly from a bilateral pulmonary embolism and her world has not been the same since that day. La Tanya has learned to cope with the passing of the sister she grew up with to move forward and take care of other obligations. La Tanya is now the only child and assist their mother in any way she can. Mainly it's LaKita's presence that is missing. People are so use to saying La Tanya and LaKita and it really feels like La Tanya is missing a piece of herself. Coping has taken on many forms and La Ta

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Shandra Summerville

Shandra Summerville resides in Champaign-Urbana, Illinois and serves as the Cultural and Linguistic Competence Coordinator for the Champaign County Mental Health and Developmental Disabilities Boards. Since 2014, Shandra has experienced multiple losses, which includes the death of both of her parents; two cousins ? one to murder and the other by suicide. In addition to this, she lost her very close friend and business partner. Shandra serves as a Licensed Minister and serves on the Worship and Music Ministry Teams at Canaan Baptist Church, Urbana Illinois. In her spare time, she enjoys traveling, volunteering, learning new ?things to do? in her community, spending time with family, and liste

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