



Center for Grieving Children

September/October 2017

Volume 11, Issue 5

September

		Volunteers Only	VOLUNTEERS ONLY will gather on the Tuesday, Sept., 12 for training and in-service.			
		26	Family Night peer support will begin on September 26nd			



Family Night at the Center is for kids, 3–18, and the adults who care for them, who have experienced the death of someone they love. Small groups for kids with activities. Parents have their own groups. Enjoy the meal, all together with the volunteers.

Family Night

Peer support program

6 - 8 pm

At the Boys & Girls Clubs of the Fox Valley

October

	TUESDAY					
		10	For new participants : An orientation with the Director, Loris Damerow, is required to attend. ldamerow@bgclubfoxvalley.org 920-750-5839			
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BACK TO SCHOOL

September is back to school time and bereaved families often find that extra communication with school personnel and with the kiddos themselves, helps make for an easier transition. Make time to talk to kids about their school experience. Listen to their fears and reassure them they have support in dealing with whatever situation may arise. Help them identify who to turn to at school. Likewise, talk to the school: teachers, counselors, social workers, and even the principal. Let them know about your families' loss and check with them regularly to watch for things like slipping grades, not eating lunch, sitting alone, or angry outbursts. The more people involved the less likely potential problems will go unnoticed. Loss often makes a child more clingy and less certain. Kids may be shy about discussing their loss with others. Talk to your child about how she/he would like classmates to learn about the loss. They might want a parent or guardian to talk to people at school or they might want their teacher to say something to the other students: or they might want little said about it. Returning to school is a transition but it also can also provide a set routine that sometimes offers comfort as well. Acknowledge that you too, as a parent, may be going through your own adjustment to work, school, home life, AND your own grief. Acknowledge all that you have done for your kid(s) to make these changes as easy to move through as possible. At CGC, we are looking forward to being your support too.

what's your

Grief?

<https://whatsyourgrief.com/>

...a website is about grief

- If your loss is recent and the experience of grief is new to you and your family, you will find resources on this website that can bring helpful support and useful information.
- If you are a veteran of the rug-pulled-out-from-underneath-you feeling that grief can bring and have weathered a multitude of ups and downs of the grieving process, this website has resources that can offer a new approach to your own experience.

WHAT'S YOUR GRIEF was developed by two web-savvy, grief-savvy mental health practitioners who wanted to provide real life information and connection to those in grief. This interactive internet site is loaded with articles, blogs, forums, links, pictures, research, theory and activities for you to engage in. Just a browse through the home page and you can find:

- Keeping Negative Emotions in Check
- Grief or Greed? When families fight over material possessions
- Grief and Concentration: 8 tips for coping with the inability to focus.
- Is Deathanniversary an Actual Word?
- Interactive Journaling Boot Camp,
- Managing Grief on Special Days
- When Sobriety Meets Grief.....And much more

Click on pages devoted to:

- Kids / teens
- Books, Movies, Music
- Support Systems
- Emotion
- Types of Grief and Loss

Find tabs that allow you to:

- Share your snapshot
- Submit a story
- Listen to our podcast
- Take our on-line courses
- Offer a testimonial

Hopeline - Is a free statewide emotional support text line that is available 24 hours a day / 7 days a week / 365 days a year. Text HOPELINE to 741741 . Service is provided by The Center for Suicide Awareness.



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