**March and April 2017**

**Family Night**

We have an active TEEN group, a busy MIDDLES group, a group for 8 -10 year olds, one for 6 and 7 year olds and LITTLES too. Also groups for the adults who care for these kids and youth.

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We begin with therapy dogs to greet you before sitting down to a warm meal with your family and our CGC volunteers here at the Boys & Girls Club.

Next, join your small group, designed for your age, or adults, with activities and discussion about your loss. Finally, gym time, then closing circle.

Hope is the thing with feathers that perches in the soul.
And sings the tune with out words, and never stops at all.
—Emily Dickinson

So often we don’t know the words to the song of life that is playing in our hearts. It just plays...Grief, like hope, just keeps rolling along. The feelings come and they go. Some feelings and thoughts are comfortable and some are not, and yet they are all a part of who we are. Everyone who comes to the Center has experienced the death of someone they care about. There are times when you really miss that person or you wonder why it happened or wish things could have been different. Sometimes you even feel bad about yourself because it happened. At the Center, we want to make a place for you to think and feel about your loss and what it means to you. Every person is unique.
Survivors of Suicide (SOS) Support Groups are for those who affected by a death by suicide.

Support group mission:
To talk openly and honestly about suicide
To provide understanding and acceptance for those whose lives have been touched by suicide
To try to prevent future suicides through education

Appleton SOS
2nd Monday of the month, 6:30-8:00 pm
Contact Barb at 920-475-4748

Appleton Teen Group (ages 14 – 24)
3rd Monday of the month, 6:30-8:00 pm
Contact Barb at 920-475-4748

Community for Hope of Greater Oshkosh sponsored support groups:

Oshkosh SOSL
3rd Thursday of the month
Community For Hope *New office location
Mercy-Oakwood Center
2700 W. 9th Avenue, Suite 100
Oshkosh, 54904

Neenah SOSL
2nd Thursday of the month, 6:30 – 8:30 pm
First Presbyterian Church
200 Church St., Neenah
(enter through the doors on W. Doty St.)