



# Center for Grieving Children

## January / February 2017

CGC offers peer support programs for children and youth who have experienced the death of some one they love.



### January

MONDAY	TUESDAY		
2			
9	<b>10</b>		
16			
23	<b>24</b>		

### Family Night

begins with therapy dogs to greet you before sitting down to a meal here at the BGClub. Join your small group for kid activities, stories and conversation about you and your loved one. Parents have a group of their own. Gym and closing ceremony.

### February

MONDAY	TUESDAY			
6				
13	<b>14</b>			
20				
27	<b>28</b>			

### New participants -

The only requirement to attend is an orientation session with the Director.  
Loris Damerow, 920-750-5839

### Family Night

Peer support program

6 - 8 pm

At the Boys & Girls Clubs of the Fox Valley



New resource on children's grief from CGC

[http://www.bgclubfoxvalley.org/i/f/Parents%20Guide\\_Final.pdf](http://www.bgclubfoxvalley.org/i/f/Parents%20Guide_Final.pdf)

With help from a New York Life Community Impact grant, the Center offers new resource packet for families. Go to

[www.cgcfvalley.org](http://www.cgcfvalley.org)

A resource guide for professionals and helpers is also available on the site above.

**Additional Resources**

**AREA SUPPORT GROUPS**  
Fox Valley Grief Support Network  
List of area grief support groups by type  
[www.wichitanmfg.org/resources](http://www.wichitanmfg.org/resources)

**ONLINE SUPPORT**  
Grief Net  
Online support counselor 24/7, information  
[www.griefnet.org](http://www.griefnet.org)  
Hello, Grief  
For children, teens, and families  
[WWW.hellogrief.org](http://WWW.hellogrief.org)  
Open to Hope  
Articles, information, online sharing  
[www.opentohope.com](http://www.opentohope.com)  
The Miss Foundation  
Forums, mentors, The Kindness Project  
[www.missfoundation.org](http://www.missfoundation.org)  
What's Your Grief?  
Current articles, podcasts, blog  
[www.whatsyourgrief.com](http://www.whatsyourgrief.com)

**ONLINE INFORMATION**  
Coalition to Support Grieving Students  
Downloadable curriculum, handouts, information  
[www.grievingstudents.org](http://www.grievingstudents.org)  
Infant Death Center of Wisconsin  
Newsletters, articles, support group directory  
[www.dh.wisconsin.org/grief-resources](http://www.dh.wisconsin.org/grief-resources)  
National Alliance for Grieving Children  
Information, support group directory  
[www.childgrief.org](http://www.childgrief.org)  
National Center for School Crisis and Bereavement  
Education, research, information  
[www.schoolcrisiscenter.org](http://www.schoolcrisiscenter.org)

For a downloadable version of this booklet, more information on grief, and additional resources, visit the Center for Grieving Children website at: [www.cgcfvalley.org](http://www.cgcfvalley.org)

Center for Grieving Children  
is a program of  
BOYS & GIRLS CLUBS  
OF THE FOX VALLEY

Understanding Children's Grief:  
A Guide for Parents & Caregivers  
was made possible by the generous support of  
NEW YORK LIFE

I used to feel sad, but now it's easier because we talk about my Mom" - Angela, age 10

**Understanding Children's Grief**  
A GUIDE FOR PARENTS & CAREGIVERS

The loss of a loved one affects an adult in many areas of their life — personal and professional relationships, finances, and changes in daily routine. Likewise, a child will experience various emotions and react in different ways as they try to understand why an important person is no longer in their life. By understanding a child's look of view, parents and caregivers may better support the child's grieving process.

"The Center for Grieving Children has been a wonderful help, a refuge for the troubled spirit. I feel less alone when I am sharing my grief and trying to help my children in their grief as well." - Parent



160 S. Badger Ave  
 Phone: 920-750-5839  
 ldamerow@bgclubfoxv  
 alley.org



## Joy Conference 2017

Saturday, February 4, 2017  
 Fox Valley Lutheran High School  
 5300 North Meade Street  
 Appleton, WI 54913

Call: 920-832-5121 to register  
 \$38.00 per person

**Recharge at the 2017 Joy Conference and gain valuable tools and resources that will help you take care of yourself while providing emotionally healthier care to those around you.**

8:00 - Registration  
 9:00 - Welcome  
 9:15 - Finding the Funny in Change  
 10:45 - Who Hijacked My Fairy Tale  
 12:00—Lunch  
 1:00 - Celebrate! Turn on Your GPS  
 (Gratitude, Play & Surprise)  
 2:15 - Closing Comments

Pre-registration is required. The conference will be held regardless of weather. We reserve the right to cancel due to lack of enrollment. Refunds will not be made after January 20, 2017. You may transfer registrations.

Registration deadline is Friday, January 27, 2017.

Prevent Suicide Fox cities 2017

## Grief/Mourning "Book" Support Group

January 11, January 25, February 8, and February 22

Time: 6:00-8:00pm

Book: Dr. Alan Wolfelt's book, *Understanding Your Grief*, will be provided free of charge.

Location: 211 E. Franklin St., Appleton, WI 54911

To sign up, send an email to:  
[registration@preventsuicidefoxcities.org](mailto:registration@preventsuicidefoxcities.org)

According to HELLO GRIEF website  
<http://www.hellogrief.org>

My favorite way to stay connected to loved ones I've lost is...

- ◆ talking to them. (51%, 698 Votes)
- ◆ visiting places that remind me of them. (25%, 344 Votes)
- ◆ doing activities they loved. (25%, 339 Votes)
- ◆ writing to them. (18%, 244 Votes)
- ◆ visiting their grave/memorial site, or where we spread their ashes. (17%, 237 Votes)

Total Voters: 1,382

