

Center for Grieving Children

March and April 2016

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

March

		TUESDAY					
		8					
		22					



Family Night
On the second and fourth Tuesday of every month.
6 - 8 pm



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.

April

		TUESDAY					
		12					
		26					

For new participants...
The only requirement to attend is an orientation session with the Director.
ldamerow@bgclubfoxvalley.org
920-750-5839

Kids at the Center have found some great ways to take care of themselves as they move through grief. In group, we strung together special beads which serve as touch-stones to remind us to.....



Belly Breathe—Talk to a teacher—Eat healthy—Sleep— Play in the snow—Read—Make things Run around—Color—Talk to a Grandparent —Punch a pillow—Play with the dog—Talk to the person who has died—Take a hot shower—Sing—Go for walks—Listen to music—Write in my journal—Cry—Think of something good—Dance around—Run hard—Sit by a tree—Read—Stretch—Talk to Mom—Call a friend—Do something I really like



**Center for Grieving Children
Boys and Girls Clubs of the Fox Valley**

Loris Damerow, Director
160 S. Badger Ave
920-750-5839
ldamerow@bgclubfoxvalley.org
www.cgcfv.org

**Prevent Suicide Fox Cities &
Zero Suicide Community Initiative
A WOMEN'S SYMPOSIUM
*Taking Care of Our Men's
Mental Health***

Saturday March 19

Fox Valley Technical College

Room E130 and the Commons
ENT 10, West Parking Lot

8:30am-12:30pm

Dr. Sally Spencer-Thomas

As a clinical psychologist, mental health advocate, faculty member, consumer of mental health services, and survivor of her brother's suicide, Dr. Sally Spencer-Thomas sees issues of suicide prevention and mental health promotion from many perspectives. The Carson J Spencer Foundation is named after her brother, a Denver business leader who died by suicide after a difficult battle with bipolar disorder. Middle aged men are at the highest risk of suicide. The objective of this special program is to provide a learning opportunity to build awareness of the high risk of suicide to middle aged men, eliminate the stigma of mental illness, and teach the signs of depression and anxiety. We will discuss QPR, which stands for Question, Persuade, Refer, the evidence-based practice of prevention.

COST: \$10

For anyone 18 years of age or older

Pre-Registration Preferred

Walk-ins Welcome

Registration/check in 8:00am

PRE-REGISTER:

<http://womenssymposium.eventbrite.com>

"It takes a community to save a life."

Ninth Annual Fox Valley Grief Support Symposium

Saturday



April 30

8:30 am-12:30 pm

University of Wisconsin-Fox Valley
Communications Arts Center-Perry Hall
1478 Midway Road, Menasha

***"But I Didn't Say Goodbye: Helping Individuals,
Families and Communities Cope with Tragedy"***

by Barbara Rubel

Information Booths, Light Snacks & Refreshments

Panel Discussion and Closing Ceremony

The Center for Grieving Children will have a display booth there.

Panel Discussion: 10:30—noon

Understanding Tragedy and Loss in our Communities

*Barb Bigalke, Officer Chris Groeschel,
John Reilly, Mike Crum*



Youth and Family Counseling

Boys & Girls Club Fox Valley, services at no charge

Did you know that counseling is available at the Boys & Girls Clubs of the Fox Valley? It is offered at no cost, confidential and available to any youth, 6 – 18, who may need counseling help with grief, anxiety, anger behaviors, family issues, etc. Carlyn Andrew is a professional, master's certified counselor providing 1:1 or family counseling for students of all ages.

Contact: Carlyn Andrew at 920-750-5838

Care Support Growth Hope Trust Respect Reflection