



# Center for Grieving Children

## November/December 2015

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

### November



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

Family Night  
Peer support program  
6 - 8 pm  
Boys and Girls Clubs  
of the Fox Valley

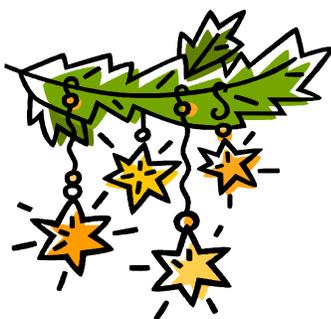


**Family Night** opens with therapy dogs to greet you before sitting down to a meal here at the BGClub. Join your small group for kid activities, stories and conversation about you and your loved one. Parents have a group of their own. Gym and closing ceremony.

### December

		Tuesday			
	30				
	7	<b>8</b>			
	14				
	21	<b>22</b>			

For new participants :  
The only requirement to attend is an orientation with the Director, Loris Idamerow@bgclubfoxvalley.org  
920-750-5839



### We are moving in to the Holidays.....

November is here and December is coming, The days get shorter and it seems to get dark so fast. Leaves change color and fall to the ground. We are aware of life cycles and the passage of time. The Holidays are approaching. Soon activities, events and expectations will be running high. If you are grieving, you might be dreading the a first holiday without your loved one. The thought of moving through your grief is daunting; the thought of doing something extra is even harder. You will get through this and so will your children. In your own mind think about the one most important thing about each holiday coming up. Is it being with your family? Cooking special food? Giving a gift? Hearing a concert? Think

about one thing for your self, and one thing you know your child/children are counting on. All right, two things for them. Write it down, make that happen and let the rest go. Grief consumes energy no matter what the time of year, but especially during the holidays. Limit your commitments. Keep it simple. Everything else will have to take a back seat this year. If you agree to attend an event, have an "escape plan" in case things become too emotionally overwhelming. Family and friends want to help but often don't know what to do. Be specific and let them know how they can help you. **BE GENTLE WITH YOURSELF.** As everyone else arounds you ramps up, make a conscious effort to slow down. Breathe, Breathe, Breathe. There will be grief spurts, tender memories, low lows, and some sweet moments too. Let it be.

PEACE

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In the weeks ahead, The Center will provide more information on 'Grief during the Holidays'.... with community events, articles, on-line resources and more.

Family and friends can be an anchor for us during hard times. Yet, quite often, we find ourselves pushing those close to us away. This can be especially true during the holidays. Though we might find it difficult to be with family, it is important to let these relationships continue in new ways. Many people have shared that they were dreading the large family gathering, but once they got there, they had a good time and were glad they went.



## Some Ways to Commemorate DAY BY DAY

- \* Give a donation in memory of your loved one.
- \* Select a favorite holiday photo of your loved one. Talk about it. Do you remember what was taking place? What were you thinking?
- \* Observe a moment of silence: Silence or prayer before the meal or at another time you deem appropriate is a simple and gracious way to honor your love.
- \* Decorate a container for notes and pictures and have everyone write a holiday memory. Read the notes together one evening.
- \* Family album: Spend some time together as a family with the family album. Make it a special celebration when the past is discussed, reviewed and relived.
- \* A memorial candle: Your candle may be lit each morning or evening and extinguished only before bedtime throughout the holiday season.
- \* Create a special toast to your loved one, using your favorite beverage. This can be done on any of the holidays when the family is gathered together.
- \* Your favorite story: Reserve some time at the table or around the Christmas tree to tell a favorite story about your loved one.
- \* Place a single flower on the table in honor of the "presence" of your loved one.
- \* Prepare and enjoy a favorite family recipe.



what's your

# Grief?

<http://www.whatsyourgrief.com/holidays-and-special-days/>