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.

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

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

HOPE the Butterfly was created to spread the message across the world that people care about grieving kids. No one can bring back the person who has died. But we can show our support to grieving children and that they're not alone. Here's one way you can help; join the social media message. Print out HOPE the Butterfly and let people know why you are holding on to HOPE by writing or drawing your message, have a picture taken of you and HOPE and share your picture online with grieving kids throughout the world.

Take a photo, share it, and let others know why this cause is important to you. Write a message, In memory of..., In honor of..., In support of..., From..., or any other message from your heart that you want to share.

.........................www.childrensgriefawarenessday.org/cgad2/social/cgadhope.shtml .........................

On our December 12th Family Night, kids and adults will be working together as a family, moving from station to station, with fun and thoughtfulness, creating ways to celebrate the old and the new during the holidays.
Some Ways to Commemorate through the season ahead

- 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 a picture 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.

Grief is like a long valley, a winding valley, where any bend may reveal a totally new landscape.

- C.S. Lewis, A Grief Observed

https://whatsyourgrief.com/holidays-and-special-days/

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. PEACE