



# Center for Grieving Children

## November/December 2017

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

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

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

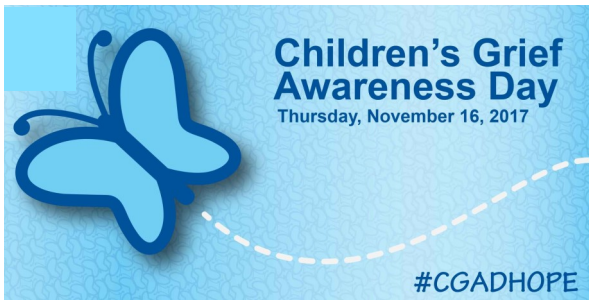


**Family Night** opens with therapy dogs to greet you before sitting down to a meal here at the BGClub. Join your small group for kid activities, stories and conversation about you and your loved one. Parents have a group of their own. Gym and closing ceremony.

### December

	Tuesday				
4					
11	<b>12</b>				
18					
25	No session				

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

We want everyone to share Children's Grief Awareness Day, 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](http://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.



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www.cgcfvalley.org



Ring the bells that still can ring. Forget your perfect offering.  
There is a crack in everything. That's how the light gets in.

-Leonard Cohen



The holidays are approaching. Soon activities, events and expectations will be running high. If you are grieving, you might be dreading the a first, or second, or third holiday without that important person.

The thought of moving through your grief may be 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. PEACE



## 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/>

what's your

Grief?