



Center for Grieving Children

January / February 2018

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



January

MONDAY	TUESDAY		
2			
9	9		
16			
23	23		

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	13				
20					
27	27				

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



Talking It Out, How to Have Great Communication with your Kids without Losing your Mind.

is packed with specific things to do and say to build stronger relationships, improve family communication, and teach your children of all ages essential skills for life.

January 4, 2018

Boys & Girls Club of Menasha, 600 Racine Street, Menasha

6:30 - 8:00 pm FREE OF CHARGE

[CLICK HERE TO REGISTER](#)

Michael Brandwein (michaelbrandwein.com) is a nationally award-winning educator, speaker, and author who has made presentations to parents, teachers, youth professionals and others in all 50 states and on six continents. He also wrote and presented three Emmy award-winning programs on communicating with children on PBS stations throughout the U.S.

FREE Child Care offered! Boys & Girls Club will offer FREE Child Care to anyone attending this event! Child care if available from 6:00 pm - 8:15 pm. at the Boys & Girls Club of Menasha. For questions, please contact Katie Hickey at 920 750 5834





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



Legacy of Joy 2018 Conference

Saturday, February 3, 2018
Fox Valley Lutheran High School
5300 North Meade Street
Appleton, WI 54913

\$38.00 per person
8:00 AM - 3:00 PM

Family Living You hear advice about how to reduce stress at work, but most of it is what you can do over the longer term. What do you do to overcome stress in the moment, at your desk, in a meeting, or after you were assigned another project? How do you regain control? Join us for the 2018 Joy Conference and discover the Legacy of Joy.

8:00 am Registration Begins

9:00 am Welcome

9:15 am Joy Through the Journey
(SPEAKER - Brenda Elsagher)

10:45 am Check Your Attitude
(SPEAKER - Matt Booth)

12:00 pm Box Lunch Provided

1:00 pm Life's Your Legacy- Live it!
(SPEAKER - Renee Rongen)

2:15 pm Closing Comments

*Participants are asked to bring a new pair of pajamas to donate to domestic abuse shelters in the area. The pajamas can be for adults or children.

Price (includes box lunch)
\$35.00

REGISTER

[https://campscui.active.com/orgs/
UniversityofWisconsinExtensionOutagamieCounty#/
selectSessions/2196304](https://campscui.active.com/orgs/UniversityofWisconsinExtensionOutagamieCounty#/selectSessions/2196304)

Go to the [What's Your Grief website](#) to see the entire post on humor that comes to you from Stacy Beller Stryer. She lost her husband to cancer when her daughters were ages 7 and 9 and has recently written a book to help newly widowed parents through their journey and that of their children.

Tell Two Jokes and Call me in the Morning: How Humor Helped my Family Grieve

"Humor has always been a big part of my life. No, let me rephrase that. Humor has often been a necessary part of my life. Humor was a particularly good friend of mine several years ago when my husband was diagnosed with and eventually succumbed to glioblastoma, a brain tumor. You might wonder "why" or "how" I could even think about laughing during such a traumatic period, but this is when I needed it most. The year of my husband's illness was so difficult and overwhelming that I welcomed any break from thinking about his treatment, our future, or his chances of survival. Humor provided a distraction, allowing me to think about something besides cancer, even if only for a few minutes. It gave me a reason to smile and laugh, and instantaneously decreased the stress level in our house. The period after Dan's death was so incredibly sad. Those who approached me were at a loss for what to say. Friends and family tried to help with words of support but, to be honest, it was the humorous, distracting stories that did the most good and provided a moment of relief from my grief.

Humor continues to play an important role in my life, even years after Dan's death. My younger daughter, Eva, grieved for a long time after her dad's death (not that we ever stop grieving in one form or another). At first she wouldn't smile or laugh because she felt guilty and thought that if he couldn't enjoy life anymore, she shouldn't be allowed to either. She shut out her feelings toward him and others, both negative and positive, in order to avoid the pain. Over the years, however, she has learned how to compartmentalize his death and is no longer paralyzed when she thinks about him and the fact that he is no longer with us in body.

I know she is better because of her humor. If I blame something, let's just say her stubbornness, as being inherited from her dad, she may respond with, "Oh, way to blame the dead guy!" Dan would have absolutely loved this because she is sticking up for him, including him in our conversations, and comfortable enough to joke about a difficult aspect of her life."

