



# Center for Grieving Children

## MAY / JUNE 2019

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

MAY

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

**Family Nights in MAY**  
Peer Grief Support Program  
6 - 8 pm  
At the Boys & Girls Clubs of the Fox Valley

New Participants - Please schedule an orientation session to begin.  
Director, Loris Damerow  
920-750-5839  
ldamerow@bgclubfoxvalley.org

June is  
**CGC Memorial Picnic**  
**Greenville Lions Park**  
Tuesday, June 18th, 6 - 8pm  
Picnic, tree planting, balloons  
Directions to follow

JUNE

MONDAY	TUESDAY				
3					
10					
17	<b>18</b>				
24					



The poem, The Squeeze was written in 2004 by poet and bereavement specialist, Deb Kosmer, expressly for the Center for Grieving Children. It is an important part of our Family Night closing ritual. For many families, the Center can be a 'time-out' for grief' and it is comforting to close our evening, every session, with passing the candle and a commemoration. This serves to link us our hearts and hands together; to the past and to the future, as we live and love.



**THE SQUEEZE / By Deb Kosmer**

What does it mean?  
We stand in a circle with hands joined,  
Waiting for the moment it comes to us,  
Then quickly pass it on.

The Squeeze can mean:  
I'm not alone, Someone cares,  
Come back again, We're in this together,  
It's okay to be sad, It's okay to be mad,  
It's ok to be happy, It's okay to be me.

And when I'm alone, I can give my own hand a  
squeeze and remember standing in a circle,  
With people who care, and  
Remember it's okay to be me.



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## Positive Pizzas

During the **SUMMER**,  
 Center programming is held on the  
**THIRD** Tuesday of every month.

June 18 - Memorial Picnic  
 Greenville Lion's Park

July 16 - The Memory Trail  
 Heckrodt Wetland Reserve

August 20 - Family Fun  
 Boys & Girls Club Appleton



### The Power of Money Returns in 2019

No Cost Due to Special Grant

Spend less & save more

Build a budget that works

Prepare for unexpected expenses

Have financial peace of mind

Reduce debt

Class size is limited. Register in advance.

Signing up is easy. call (920) 886-1000 or  
 register online [www.fisc-cccs.org/workshops](http://www.fisc-cccs.org/workshops)  
 This is a three-week series. Each class begins  
 on a Tuesday at 6 p.m. and ends by 8:18 p.m.

May 7, 14, 21

June 4, 11, 18

July 9, 16, 23

Aug. 6, 13, 20

Sept. 10, 17, 24

Oct. 8, 15, 22

Nov. 5, 12, 19

Dec. 3, 10, 17

When dealing with loss sometimes it can be a challenge to remember all the positive things about ourselves. There can be a feeling of fear about the future without our loved one in it. Insecurity can step in because life, after the death of a loved one, has been drastically altered. Sometimes there is a feeling of helplessness because we were not able to prevent the death. The grief experience can be hard on our self esteem. Support is needed!

At Family Night on April 26th, we explored our strengths, talents, and proud moments in the metaphor of a custom-made pizza.

Here are some of the strengths that kids identified:

Accepting, Adaptable, Awesome, Believing in Yourself, Brave (x2), Caring (x2), Confident (x2), Cool, Creative, Follows Rules, Forgiving, Fun, Good Listener (x3), Happy, Hardworking, Helpful (x2), Honest (x2), Hugs, Kind (x3), Loving, OK Making Mistakes, Good at Making New Friends, Can Memorize Lyrics, Outgoing, Patient (x2), Persevering, Positive, Respectful, Responsible, Smart (x2), Smiling, Strong Willed, Supports Others, Understanding.  
 That's some pretty cool pepperoni!

