



Center for Grieving Children
Volume 13, Issue 6

Center for Grieving Children

December 2019



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



Family Night

6 - 8 pm

December 10

BGClub Fox Valley



Family Night Peer Support

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 candle ceremony.

| | Monday | Tuesday | | | | |
|--|--------|------------|--|--|--|--|
| | 2 | | | | | |
| | 9 | ★ 10 | | | | |
| | 16 | | | | | |
| | 23 | NO MEETING | | | | |

If you would like to join us for a family night, please contact Erin Hollister to set up an orientation: 920-750-5839

Local Events Supporting Grief Through the Holidays:



Surviving the Holidays:

December 17, 2019 from 1-3 p.m. @ First United Methodist, Appleton

Call 574-2859 for more information or visit <https://www.griefshare.org/holidays>

~How to deal with emotions, what to do about traditions, helpful tips for surviving social events, & how to find hope for the future

Blue Christmas Services

December 18, 2019, 6:30 pm @ Our Savior's Lutheran Church, Oshkosh

~The service includes readings that give voice to our feelings of pain, loss, and the hope we cling to in the midst of despair. You will have the opportunity to light candles of remembrance.

December 22, 2019, 10 am @ The Fellowship- a Unitarian Universalist Congregation, Appleton

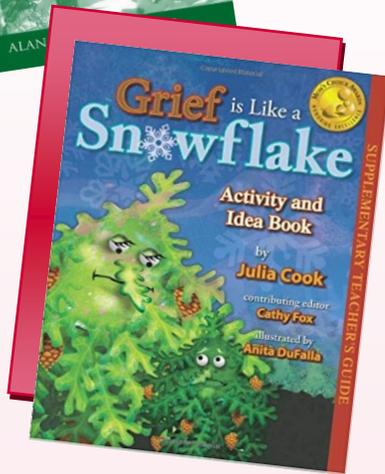
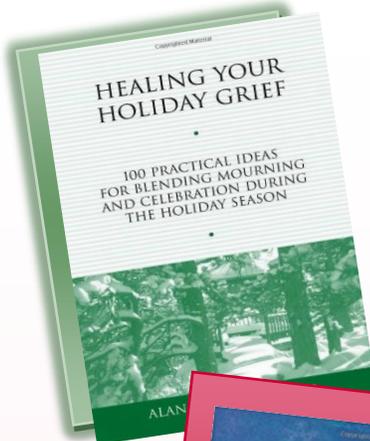
~includes readings, music, candle lighting, silence, and sharing that focuses on the sadness and difficulty that might be especially present during the winter holiday season.

Ways to Remember them during the Holidays:

- Before the holiday dinner, have everyone share a favorite or funny story about your loved one
- Make a favorite recipe of your loved ones
- Light a candle for your loved one
- Donate to an organization that is important to your loved one
- Do random acts of kindness in honor of your loved one
- If at place of worship during the Holiday, remember them in prayer
- Put up a memory tree with pictures and special ornaments for them.

Getting Through the Holidays Tips

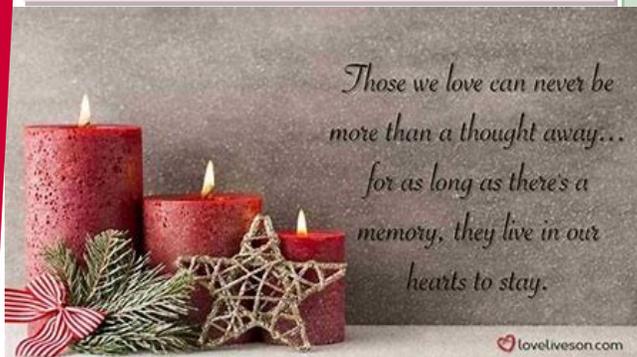
(provided by the Dougy Center)



Our lending library at the Center for Grieving Children is open for the community to check out books at your leisure!

1. Plan Ahead– anxiety and anticipation leading up to the season can be more intense than the actual holidays. Planning ahead can help lower anxiety, especially for children
2. Don't let other people determine what you "should" (or "shouldn't") do. Give yourselves the right to do what you want to do.
3. Accept Limitations– Consider scaling back or changing things you may have done in the past, and consider what has been or might be especially enjoyable or meaningful to your family.
4. Celebrate different feelings and preferences. Involve your children in discussions about what they would like to do.
5. Be informed before attending events. Find out who will be there, how long it's expected to last, and whether you need to do anything to prepare for it. As a family, brainstorm ways you and your children want to respond to questions or offers of help from others.
6. Ask for help even when it's hard to do. If it feels right allow people to help in concrete ways such as cleaning, cooking, baking, shopping, childcare, and running errands.
7. Find time for rest. The Holidays can be physically and emotionally draining, especially if you are grieving. Encourage rest and quiet play at times, and plan for healthy eating and hydration for the entire family.

<https://www.dougy.org/grief-resources/getting-through-theholidays/>



The Widowed Parent Podcast: *is your guide to the murky waters of "only-parenting" after the loss of a spouse. After losing my husband to brain cancer when my kids were 9 & 11, I decided to set out each week in search of the best information, advice, and experts, and bring them straight to you.*

www.widowedparentpodcast.com

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