



# Center for Grieving Children

## March and April 2020

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

March						
	TUESDAY					
	10					
	24					



### Family Night

On the second and fourth Tuesday of every month.

We begin with therapy dogs to greet you before sitting down to a warm meal with your family and our CGC volunteers here at the Boys & Girls Club.

Next, join your small group, designed for your age, or adults, with activities and discussion about your loss. Finally, gym time, then closing circle.

April						
	TUESDAY					
	14					
	28					

#### For new participants...

The only requirement to attend is an orientation session with the Director.

[ehollister@bgclubfoxvalley.org](mailto:ehollister@bgclubfoxvalley.org)

920-750-5839

## SUPPORTING CHILDREN IN THE FACE OF TRAGEDY

One of our core values at the Center for Grieving Children is to provide a safe space for our children, teens, and families to talk about their feelings and experiences of grief. Children especially need to feel a sense of comfort and security when their world has been turned upside down by a devastating loss.

It may be even more difficult to know how to support and talk with children in times when *we* are faced with traumatic events that are hard to make sense of; natural disasters, accidents, and violent experiences where innocent lives are taken. For our children, it's important to feel equipped in providing them with that sense of safety by our words and actions when these events occur.

Below are a few articles that may help with the "how to's" of supporting a child/teen in the face of tragedy:

⇒ [When disaster strikes: talking to children about traumatic events](#)

<https://centerforparentingeducation.org/library-of-articles/healthy-communication/when-disaster-strikes-talking-to-children-about-traumatic-events/>

⇒ [Talking with children about tragic events](#)

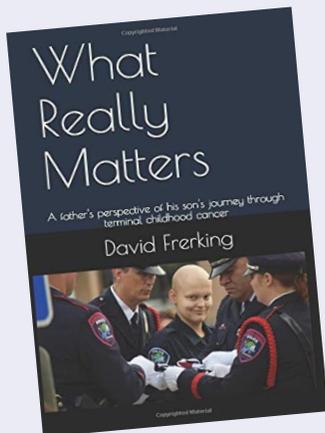
<https://www.dougy.org/grief-resources/talking-with-children-about-tragic-events/>

On behalf of the Center for Grieving Children, we express our deepest condolences to those who have felt the affects of recent traumatic events in our community and across the nation. We are here as a safe space to provide resources and support if you are in need.



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NEW BOOK IN CGC LENDING LIBRARY!



**From the Author:**

*"This book highlights our family's journey through our son's terminal cancer, how we interacted, made impossible decisions, and currently work through our changed family in grief...I do hope this book helps you in your grief journeys, your perspective changes, and especially your awareness that bad things do happen AND we can find the ways and the willpower to live through them."*

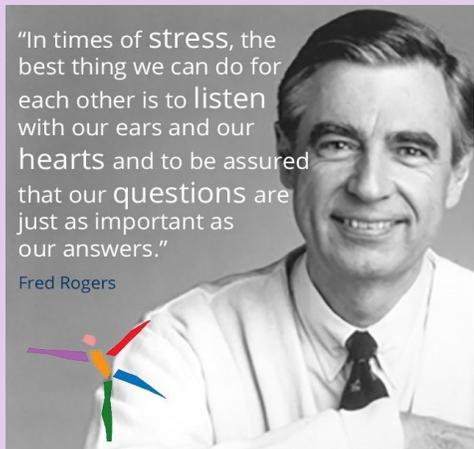
We have two books available in our lending library or if you would like to buy a copy for your personal bookshelf, please refer to the amazon site:

<https://www.amazon.com/What-Really-Matters-perspective-childhood/dp/B083XTG6H2>

2/3 of the proceeds for the book will go to Make-A-Wish Foundation and Ronald McDonald House Charities, two very important charities to the family that helped them LIVE and cherish their time together in the journey.

"In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers."

Fred Rogers



## Caregiver Workshop

# "I'VE TOLD YOU A THOUSAND TIMES!"

### How to Teach Respectful & Responsible Choices to Young People & Handle Undesired Behavior with Calmness & Confidence



**Join Us!** Thursday, April 2, 2020  
6:00 - 7:30 pm

**Register Today at**  
[bgclubfoxvalley.org](http://bgclubfoxvalley.org)

Pre-register to sign up for child care and a chance to win great door prizes!

**FREE EVENT!**

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

Join us as we welcome back Michael Brandwein with this new session about building great relationships with your young people and handling the challenges of parenting. Learn exactly what to say and do to handle conflict and problems in positive ways.

Questions? Please contact Rachel at 920-750-5811



**BOYS & GIRLS CLUBS**  
OF THE FOX VALLEY

## WHAT TO SAY WHEN WORDS ARE HARD

When a friend is grieving a heavy loss, it is hard to know what to say to show your support. Sometimes people shy away from even saying anything because they don't want to offend those that are grieving. From my experience in working with children and families in grief, the silence from a friend can sometimes feel like not caring.

When you are at a loss for words, here are a few things you can say to show you care and are thinking of them:

*"I don't know exactly how you feel, but I am here for you"*

*"Tell me about your loved one" (or if you knew their person, share a special memory about them).*

*"I don't know what to say, but I am here to listen"*

*"I know I cannot take away your pain, but I can \_\_\_\_\_ (followed up by providing an act of kindness; making a meal, helping with kids, etc...).*

It's always best to err on the side of expressing your kindness and compassion when you know someone is hurting. Your words or actions (as simple as a hug and just being present) may be exactly what they needed to get through their day.

An excellent resource on this topic can be found at: <https://whatsyourgrief.com/what-should-i-say-to-someone-grieving/>