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.

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.

Family Night
On the second and fourth Tuesday of every month.

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

⇒ 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.
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.

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/