



# Center for Grieving Children



## "Safer at Home" Special Edition

The Center for Grieving Children is here for you in this time of uncertainty as we collectively work through the many feelings of grief and loss with the current world-wide pandemic. You are not alone and we are here for you! For resources and support, please reach out to us! [EHollister@bgclubfoxvalley.org](mailto:EHollister@bgclubfoxvalley.org) 920-750-5839 or you can now [follow us on Facebook](#) for up-to-date information!

### INTRODUCING VIRTUAL FAMILY NIGHT!

Our support for you continues with a modified version of our Family Night program!

We are now offering this well-known program for current and new families in a virtual support setting.

We will still be meeting on Tuesday evenings; however, the schedule will be adapted to accommodate different groups.

Each session will include an opening ritual, group "go around", fun activity, and closing ceremony.

### APRIL

SUN	MONDAY	TUESDAY	Family Night Schedule:
5			
12		14	Youth (3-18) & Caregivers
19		21	Parents/Caregivers
26		28	Youth (3-18) & Caregivers

### WELCOME TO OUR NEWEST CGC STAFF MEMBER!

It is an honor for me to be able to work with the children and families being served by the Center for Grieving Children. I look forward to helping them find their way through their current challenges.



One of the things that drew me to the Boys and Girls Clubs of the Fox Valley was its mission of serving youth, "...especially those who need us most..." In my career, I have enjoyed helping youth in need as a school counselor at international schools in Cambodia, Senegal, and Cameroon; Coordinator of an independent living skills program for teenagers in foster care in New York; and staff at a shelter caring for runaway teenagers in Los Angeles.

I feel very fortunate to be a part of the Boys and Girls Clubs of the Fox Valley and look forward to walking alongside with the children and families, as well as, getting to know my colleagues.

John L. Nash, Ed.D, MSSW  
Program Coordinator, Center for Grieving Children

#### FOR CURRENT CGC FAMILIES:

A weekly e-mail will be sent for interest, selecting group time & session, and your consent of participation in virtual groups!

#### FOR NEW FAMILIES:

Please contact Erin Hollister, Center Director, to schedule a virtual orientation prior to joining a virtual support group session. [EHollister@bgclubfoxvalley.org](mailto:EHollister@bgclubfoxvalley.org) or call us at 920-750-5839 (please leave a voicemail, your call is important to us!)

### CGC IS NOW ON FACEBOOK!

The Center for Grieving Children has just launched a Facebook page! The page will be updated frequently to include grief related topics, resources, activities and uplifting messages to support our community at large!

*Please feel free to like and share our page!*

Click the "like button" below to be directed to the page:



## LOCAL CO-VID RESOURCES



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

### The Boys & Girls Clubs of the Fox Valley (BGCFV)

Our organization, as a whole, is providing an array of essential supports to the children and families in our community who are in need.

Here are a few key supports being offered:

- Youth meal assistance: daily pick-up or set of meals. **(pre-registration required)**
- Childcare for school-aged youth for Tier 1 & Tier 2 Essential workers.
- Virtual Support Programming (daily activities brought to you by BGCFV Youth Development Staff) to keep kids engaged & active. Go to [BGCFV Facebook site](#) to check out the fun!

To register for child care or meals, please visit:

<https://www.bgclubfoxvalley.org/clubsupportduringcovid-19/>



### Go Valley Kids

An excellent local and online resource for families living in the Fox Valley.

While we are practicing "safer at home", Go Valley Kids has created its own tab on Social Distancing ideas, like '[neighborhood scavenger hunt](#)'. It also has a comprehensive list of area schools and restaurants offering [free meals for children/teens](#).

Click here to stay informed of local supports for families:

<https://govalleykids.com/>



### Fox Cities Magazine

Fox Cities Magazine has an all-in-one detailed list of important Co-vid 19 guidelines and resources specific to our community.

You can find the page here:

<https://foxcitiesmagazine.com/2020/03/fox-cities-covid-19-resources/>



**The Connection**  
N.E.W. MENTAL HEALTH

### N.E.W. Mental Health Connection

Especially in this time of heightened stress and grief, it is even more important to look after our mental health!

Luckily, the N.E.W. Mental Health Connection is a fantastic resource for local mental health support and emergency services.

Check out their [database of telehealth services](#) available to individuals and families in the Fox Valley community and statewide.

For a list of community Emergency Services, please refer to this page:

<https://foxcities.wi.networkofcare.org/mh/emergency-services.aspx>

## ONLINE GRIEF RESOURCES



National Alliance for Grieving Children

### RESPONDING TO CHANGE & LOSS

In Support of Children, Teens & Families



### The National Alliance for Grieving Children (NAGC)

The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them.

The NAGC has put together [a resource toolkit](#) and has free webinars led by childhood bereavement experts that focus on grief support during this unprecedented time.

Be sure to visit their website to register for free webinars or print out the resource toolkit:

<https://childrengrieve.org/about-us/news/covid-19>

WHAT'S YOUR GRIEF?



### What's Your Grief (WYG)

The mission of WYG is to "promote grief education, exploration, and expression in both practical and creative ways."

Their most recent articles have been tailored to address the experience of loss and change that we are going through collectively. In particular, a few articles are centered around ideas and supports for those who are [unable to attend funerals](#) or [physically be with a loved one that is dying](#).

Take a look at their site for the full list of grief-related articles and more: <https://whatsyourgrief.com/>



### Eluna

Eluna is a national organization with signature programs like Camp Erin, reaching thousands of children in cities across the U.S. and in Canada each year who have been impacted by grief or addiction in their families.

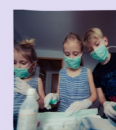
Their Resource Center has created a [comprehensive Co-vid 19 link](#) with strategies in navigating and 'thriving' through this time.



## SAFER AT HOME SELF-CARE



Wash hands



Protect Yourself



Stay home



Reach out for Support



Give yourself a hug, you got this!

