



April 2008 Newsletter Center for Grieving Children

Boys and Girls Clubs of the Fox Valley

Volume 3, Issue 4

Peer Support Meeting is set for Tuesday, 4/15/08

- At group we will be demonstrating the power of “Sharing the story” while thinking about ways our lives have been affected by the death of someone we love.
- For our project, we will be making Hope Stones. Kids– we will be painting, so remember to *wear your play clothes!*
- Our meal will be lasagna with French bread. Hope to see you there!

Special Points of Interest:

- Peer Support Meeting
- Volunteer Appreciation
- Human Race
- Green Saver Books
- New Teen Grief Group
- We Remember

Volunteer Highlight: Kayla Weaver

Kayla has been volunteering as an intern at the Center since February 2008. She is a busy mother of 2 children named Sofia (3) and Miles (1). She is currently looking forward to graduating from UW Oshkosh in May with an undergraduate degree in Human Services. Besides her work for the Center, Kayla is involved with



Parent Connection, where she coordinates and facilitates a support/ education– based group for teen parents. In her spare time she enjoys spending time with her kids and her husband, Matt. She also enjoys painting, music, reading, and just goofing around with her friends. Thanks, Kayla, for your passion and energy!

We love and appreciate our volunteers!

April is Volunteer Appreciation Month, and we would like to give a heart– felt *Thank You* to all of our volunteers! The Center would not be possible with out all of your efforts! Participants– please let our volunteers know that you appreciate them, as well!

Telling the Story is one of the oldest healing arts; it is an effective, universal and effective way for the grieving person to cope with a loss and work through the grieving process. The importance of the need to talk, and the need to share the story has been well documented within the grief literature as a means of helping to heal from a loss. Grieving individuals should be encouraged to tell the story as often as they might need to as part of the healing process. Telling and retelling the story of grief is a way of helping to make the loss real. Each time the story is repeated, the reality of the loss becomes more undeniable.

By telling of story and listening to each other's stories, we are able to make sense of our own life experiences, to reframe the situation and try to make sense of the loss. Stories help us explore other possible ways of doing, feeling, thinking and behaving. It is healing for the grieving person to tell the story of their grief and give voice to the loss. Through story the grieving person can recount the importance of the loss or the memory of a loved one alive by remembering and sharing the details of the loss or the life of the person lost. Initially the story may be told with all of the smallest details included. In time, and with each retelling, the story typically becomes shorter; it becomes a way of acknowledging and accepting the reality of the loss. It is through the telling and sharing of stories that we share our most fundamental truths from one heart to the next

Creating a healing story takes on a new meaning for survivors. Surviving a significant loss such as the loss of a loved one is its own kind of test. Those who survived a loss are forever changed and transformed by the loss. Survivors know of the importance of telling the story, over and over again, until there is no longer a need to tell it anymore.

To tell our story is a way of affirming the life of the one we have lost—the experiences we had together, the favorite family stories. To tell the story is also a way of moving our grief along, and so contributes to our own healing. But it is also a gift to others—to tell not only the story of the life that has passed, but our own story in relation to this event—how we got through it.

- Kirsti A. Dyer, MD, MS

For those of you participating in “The Human Race” with the Center...

remember to keep taking pledges! There is a prize for which ever participating family raises the most money! The basics about the day of the fundraiser are stated below. For those of you who have signed up to walk with us, we will be contacting you the week before the walk in order to touch base with the details of things such as where we will meet the morning of May 3, etc. **Remember: by participating, you are helping to raise much-needed funds for the Center! We appreciate your support!**

What: 5K Walk/Non-competitive run

Where: Thrivent Financial walking trail- Appleton

When: Saturday, May 3, 2008

8:15-9:00 am: registration

9:00 am: walk begins

GreenSaver Coupon Books

Our golf coupon books are selling like crazy! Our goal is to earn \$3000 from our sales. If you would like to help out by purchasing a book for you or someone you know, **contact Irene at 731-0555 x244**

Survivors of Suicide, Appleton Group

Second Monday of the Month at 6:30 pm, FVUU F, 2600 E. Philip Lane, Appleton

A support group for family, friends, coworkers of those who have died by suicide. Minimum age is 14 years old. No charge to attend. For info, contact **Jodi Huebner at 920-475-0246** or **Christine Garstka at 920-731-0555 x 243**.

Men Journeying Through Grief

Wednesday evenings, 6:00-8:00pm

Affinity Visiting Nurses office, 816 W. Winneconne, Neenah

Men grieve uniquely and express it uniquely. Some of the messages from our culture and how we've been raised are roadblocks to our journeying through grief in a healthy way. Meal is part of the gathering.

Pre-register: Deb Kosmer 1-866-236-8500

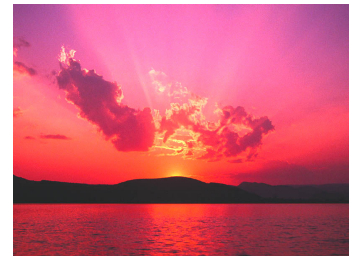
Compassionate Friends

4th Thursday of the month, 7pm
Road, Neenah

Faith United Methodist Church, 1025 Tullar

A self-help organization offering friendship and understanding to bereaved families who have experienced the death of a child.

Contact Deb Schultz at 920-725-6340 for more information.



Hope, Humor, and Healing

Tuesdays, April 22, 29, May 6, 13, 6:00-8:15 p.m. Boys and Girls Club, 117 S. Locust St., Appleton

A new, 4 week **teen grief group** that is open to any high school-aged teen who has lost someone close to them. A great opportunity to bond with other teens who are also learning to cope with a death. Dinner will be part of each gathering.

Please register before **4/15/08** with Irene Hans at the Center for Grieving Children at 920-731-0555 x244

CGC Men's Group Night

We are offering a special group for grieving Men, about Men's issues and facilitated by Men. You are welcome to attend if you are a Father, Uncle, Brother, Stepfather, or Grandfather, of a child enrolled at the Center for Grieving Children.

We held our first group on October 16, 2007 and it was very well attended. Our next group nights for Men are scheduled for April 17, 2008.

**Boys and Girls Clubs of the
Fox Valley**

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CENTER FOR GRIEVING CHILDREN
fostering healing, building hope

“All I know from my own experience is that the more loss we feel the more grateful we should be for whatever it was we had to lose. It means we had something worth grieving for. The ones I am sorry for are the ones that go through life not knowing what grief is.”

Frank O'Connor

We Remember.....

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|----------------------------|------|-----------|----------------------------|------|-----------|
| Clay Kees | Died | 4/4/2004 | Sativa Pahl | Born | 4/20/1976 |
| Ireland Hendrickson | Died | 4/6/2005 | Harold Beck | Born | 4/25/1935 |
| | | | Mark Vermeern | Died | 4/25/2006 |
| Danny Shears | Died | 4/7/2006 | Rosalie Erickson | Died | 4/27/2004 |
| Chris Bloch | Died | 4/13/2005 | | | |
| Ally Reschke | Born | 4/14/1989 | Bethany Schoettler | Died | 4/30/2004 |
| Brooke Pagel | Born | 4/16/2006 | | | |
| Jim Jandrt | Born | 4/20/1956 | Natalie Verboncouer | Died | 4/30/2005 |