

November 2009 Newsletter Center for Grieving Children

*Boys and Girls
Clubs of the Fox
Valley*

Volume 4, Issue 10

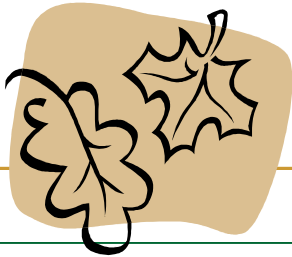
November, 2009

Peer Support Meeting is set for Tuesday, 3-17-09

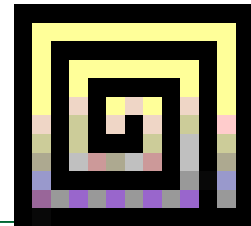
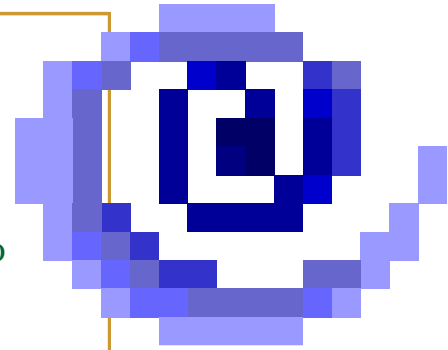
6: 00 - 8:15 pm

Program topic: Gifts of the Spirit

Creating mandalas of remembering the gifts our loved ones have given us that we carry forward into our lives.



Menu: Turkey, corn, gravy,
mashed potatoes buns



CGC Volunteer of the Month Sara Nabozny

We are bringing back a regular feature to the CGC newsletter - Volunteer of the Month

Interviewed by Jared Frazier



Sara Nabozny has been a volunteer facilitator with the Center for Grieving Children (CGC) at the Boys and Girls Club of the Fox Valley since May 2006. Having lost her Dad to cancer at age 13, she was immediately interested in becoming involved when she heard of the opportunity to volunteer at the CGC. Sara's favorite parts of facilitating are getting to know the kids, helping them learn skills to cope with their loss, and giving them an opportunity to remember and talk about their loved ones. Sara attended Penn State University, where she received a B.S. in Business Logistics. She describes herself as an avid Penn State football fan and has been to games at 12 major college stadiums.

Some of her other hobbies include reading, shopping, following politics, going to the comedy club, traveling, and walking her 11 year old Yorky-Poo named Chloe. Sara now lives in Neenah and works at Kimberly-Clark on the Sales Planning team. She claims being known for her sassy short hair, great shoes, and for being an excellent baker. One of Sara's favorite quotes is:
"Cinderella is proof that great shoes can change your life!"

Center for Grieving Children

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GriefNet.org is an Internet community of persons dealing with grief, death, and major loss.

We have almost 50 e-mail support groups and two web sites. Our integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds.

Our companion site, KIDSAID.com, provides a safe environment for kids and their parents to find information and ask questions.

GriefNet is directed by Cendra (ken'dra) Lynn, Ph.D., a clinical psychologist and certified traumatologist who works in Ann Arbor, Michigan, USA. Supported by a dedicated team of volunteers

Try these on-line grief groups / resources!

One for **Kids** and one for **Adults**



KIDSAID

is a safe place for kids to help each other deal with grief and loss. It's a place to deal with feelings in our e-mail support group, to share and view artwork and stories, and for parents and kids to ask questions and find answers.

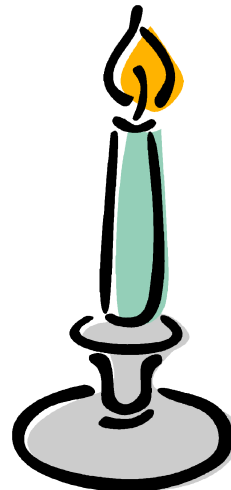
Additional information and resources on grief and bereavement can be found on our mother site GriefNet.org

If you or your parents have any questions, comments, complaints, and suggestions, please contact us! Our groups operate 24-hours a day, 365 days a year. Always on - always here - an outlet for thoughts and feelings. Adults may lurk but only kids may send messages. Kids who want to join should have a parent's permission to join. Kids under 18 will have their parent or guardian contacted by GriefNet.org (our parent site) to confirm permission for the kid to join.

Our groups are monitored by Cendra Lynn, Ph.D., founder of GriefNet/KIDSAID, and a clinical psychologist and traumatologist.

We Remember....

<i>These dates in November..</i>	Birthdays:		
	Orson Ostgard	11/5/2008	
	Eric Smith	11/17/1975	
	Anniversary of the Death:		
	Timothy Gerrity	11/1/2008	



THANKS!
**'Fostering Healing,
Building Hope'**
Was a wonderful event!
Cindy Kort-Chairperson
Sara Nabozny
Judy Mostofi
Jonathan Johns
Will Bloedow
Alice Czappa
Cindy Czarnik-Neimeyer
Denis Ashauer
Bridget Kramer
Mike Emery
Katie Six