

# January 2010 Newsletter Center for Grieving Children

*Boys and Girls  
Clubs of the Fox  
Valley*

Volume 5, Issue 1

January, 2010

**Peer Support Meeting is set for Tuesday, 1-19-10**

**6: 00 - 8:15 pm**

**Program Topic: KEYS to GRIEF**

**What are the KEYS for understanding the loss  
in your life?**

**Everyone at Family Night will be taking a look  
at the grief process and where each person  
fits with their grief keys**

Meal: Turkey (Soup or Tetrazzini) and veggies



- G**etting the facts—What is my loss? Who died?
- R**emembering—What was my relationship to that person?
- I**dentifying Changes—What changes have I experienced?
- E**xpressing feelings—How do I feel about the loss?
- F**inding Help—Who is there for me?

## **Volunteer of the Month: Judy Mostofi**



**Interviewed by M3C  
Intern Jared Frazier**

Judy's first experience with the Center for Grieving Children was a participant. She attended Family Nights with her daughter after the loss of her son, Joseph Mostofi. Judy explains that the support and compassion she received there inspired her to become a facilitator herself. Judy admits that she has a difficult time watching families in the "dark tunnel of grief" but finds utter satisfaction watching them leave with the "hope of seeing a glimmer of light at the end of the tunnel". Judy grew up in Ottumwa, IA, and attended Northeast Missouri State University, now known as Truman University. After receiving a degree in elementary education, she spent fifteen years teaching, mostly in the second grade. Her favorite part of teaching was being a positive influence in the lives of her students. She currently lives in Appleton, and has been residing here for the past 20 years, excluding three years during which she lived in Maidstone, England, a city just southeast of London. Recently she has spent a lot of time caring for her cute and active 10-month-old grandson. She spends her free time knitting, shopping, reading, and enjoying the company of her black lab, Puddles and her two cats, Patches and 20 lb Gandolph (aka Big G).

Judy, who has also served on the Center for Grieving Children Advisory Counsel since 2006, finds inspiration in the words of her departed son Joseph: "When you're down, pick yourself up and try harder; you will become stronger and it will build your character."

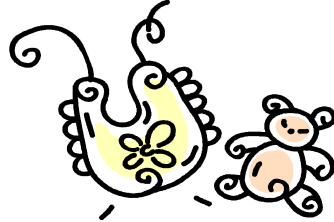
## Center for Grieving Children

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**Cara Nagy** has been a facilitator at the Center, often providing care to our 'littles'. She has two children and is expecting another 'little' of her own. She says, "I have enjoyed being a part of the Center and I think that it is a wonderful program. It was nice to get to know the many families and volunteers. I am thankful to have been a part of it for nearly 2 years and I am hopeful there will be a place for me in the future." (YES, CARA!)

### More News from our wonderful volunteers!



**Jillian Megan Marske**

was born on 11/30/09

Congratulations to CGC Facilitators  
Mom, Erica Marske and Auntie, Karen Caudill

Special Thanks to Program Support Volunteers: **Jayne Heinrich** for wading through our supply room and organizing our materials for 2010 and to **Sue Running** for her fun bulletin boards in the group room.

**Parent Connection, a program of Family Services**  
offers the following:

### **1-2-3 Magic (for parents of children 3-12 years)**

A two week video-based behavior management workshop.  
Learn to STOP the behavior you don't want and START the behavior you do want, and how to deal with testing and manipulation.

DATE: January 18 and January 25, 2010 (Mondays)

TIME: 6:00-8:00 pm

SITE: Family Resource Center \*1165 Appleton Road \* Menasha

CHILD CARE: Available with pre-registration

REGISTER: Contact FRC at (920) 886-0123 or [library.ccr@tds.net](mailto:library.ccr@tds.net)

## We Remember....

*These  
dates this  
Winter...*

### **Birthdays:**

Virginia H. 1/8/1928

Robert T. 1/7/1966

Dominic C. 1/29/1993

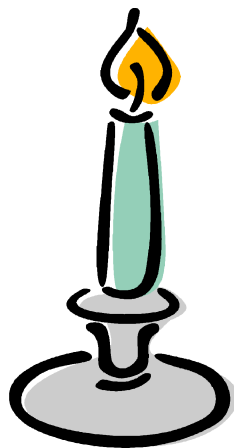
### **Anniversary of the death:**

Loretta "Chip" E. 12/18/2006

Isabella R. 1/6/2006

Orson O. 1/6/2009

Heather Z. 1/20/2009



## CGC Facilitator Training

Volunteer Facilitators are a critical component of our program. They provide the safe space, the listening hearts, and the leadership for our small groups.

The next 16 hour training will be held in February: over one Saturday, and three Tuesday nights.

Perhaps you, or some one you know, would like to get involved.

Contact Loris at CGC.  
[ldamerow@bgclubfoxvalley.org](mailto:ldamerow@bgclubfoxvalley.org)