

# February 2010 Newsletter Center for Grieving Children

*Boys and Girls  
Clubs of the Fox  
Valley*

**Volume 5, Issue 2**

**February, 2010**

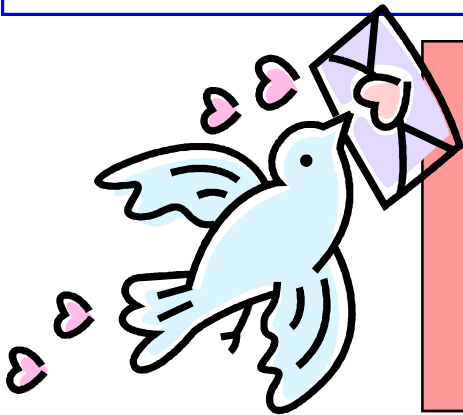
**Peer Support Meeting is set for Tuesday, 2-16-10**

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

**Program Topic: Letters to our Loved Ones**

**What are the things you would like to say to the person whom you miss? We will be putting to paper those thoughts and feelings**

**Menu: Hot beef sandwiches, chips, and veggie tray  
Comfort Shawl gifts will be distributed!**



## **Valentine's Family Festival**

**Saturday, February 13th, 2010**

**1:00 - 4:00PM**

**UW Fox Valley Gym,  
1478 Midway Road, Menasha**

**FREE  
Event**

Featured Volunteer **Cindy Kort**



Cindy Kort has been volunteering as a facilitator for the Center for Grieving Children (CGC) for the past two years. She became interested when she saw an ad in the newspaper stressing the need for volunteer facilitators. Cindy, who lost her brother 15 years ago, felt that this would be a perfect opportunity to give back to her community. When she was in the hardest times of her grief, Cindy describes how many people reached out and were there for her when she needed them most. She explains that facilitating has allowed her to do these same things for other individuals and families. Additionally, Cindy's heart has always been in working with children. Her favorite part about volunteering at CGC is working with the kids. Wherever they are in their journey, they are willing to come and share, whether it be through words, art, tears, or maybe just through listening.

# Center for Grieving Children

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Cindy was born in Clintonville and raised in Appleton. She graduated from Appleton West and continued with her education by getting a degree in Child Care. She now works as a paraprofessional in kindergarten and first grade classrooms of Highlands Elementary. Her hobbies include photography, scrapbooking, and making her own greeting cards. Cindy looks forward to seeing CGC grow and expand. She sees many possibilities and hopes for continued dedication of all of the other hard working volunteers. Cindy is aware that loss and grief is everywhere, and she takes pride in the work that she able to do for CGC. She leaves us with a guiding adage, one that has encouraged her to pour her heart and soul into the things she loves and cherishes: If you believe in something and it is important to you, you will find a way to do it.

## Coping with Emotions

Emotions are a big part of life and big part of the grief process. One of the adult groups, some months ago, did an activity of picking out their "top 3" emotions, from a worksheet, then focusing on the each emotion and ways to cope.

Here are the creative and useful ideas that came out of their collaboration.

### Sadness

Take a walk....Journal.....  
Keep busy ...Call a friend ... Shop ...  
Think about your loved one... Let  
yourself feel your feelings ....Positive  
self-talk .....Take out old  
Photographs ...Go to a support  
group ...Cherish memories .. Remember!  
Do something you enjoy...Let yourself  
cry.

CGC is participating with Yonkers Department Store to fundraise with the purchase of coupon books for the BIG SALE on COMMUNITY DAY on Saturday, February 27th. Buy a coupon book for \$5.00 and the entire amount goes to CGC. You get the coupons. One coupon is for \$10.00 off anything in the store. Purchase at the BG Club or on Family Night!

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

TIPS–TOPICS TO INCREASE PARENTING SKILLS (for parents of children 2-12 years)

**Feb. 9 - Your Child's Temperament, Feb. 16 - A New Take on Fatherhood, Feb. 23 - Positive Discipline, March 2 - Ages & Stages of Your Child, March 9 - Safety 101, March 16 - Anger Management**

6:15 – 7:45 p.m. Host Site: First United Methodist Church, 325 E. Franklin Street, Appleton

Child Care: FREE when registered in advance register: TIPS Hotline at (920) 540-7380

## We Remember....

*These  
dates in  
February....*

Birthday:

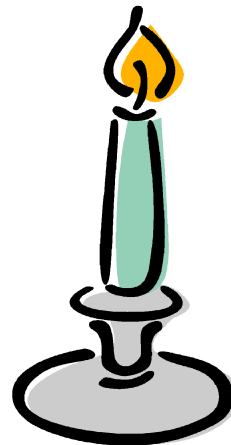
Danny S. 2/3/1945

Anniversary of the death:

Virginia H. 2/17/2007

Colin B. 2/21/2009

Jack Y. 2/18/2008



February is training month for new CGC facilitators. Thank-you to **all** volunteers who give so generously... from the heart.