

November 2011 Newsletter Center for Grieving Children

*Boys and Girls
Clubs of the Fox
Valley*

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Peer Support 'Family Night' is Tuesday, 11-15-11

6: 00 - 8:15 pm

TOPIC: 'The Bounty'

Counting all things good, as well as the losses.

MENU: Turkey, corn, gravy, mashed potatoes, buns



Holidays Can Bring Added Stress To Grieving Families



We are grateful for our
'**Hope and Healing**'
event on Nov 2nd. It
was a beautiful
evening.

Photos by Rochelle Isaacson

Special events can be both painful and joyous. Parents care about their children and want to provide a sense of normalcy and happiness when it comes to holiday time. Acknowledge that your own grief limits what you can 'produce' for others. Acknowledge that and breathe it in. There is only so much you can manage when there has been such a big change in the family.

Yet children rely on traditions to for a sense of stability. A good way to proceed is to blend familiar traditions with newly created rituals that promote healing. Talk together as a family about how this year might be different and what each person counts on to make it at good for them. Be honest about your own limits. Plan out where you will spend the special day, who will cook, what tasks need to occur and what can be let go. By talking it over together, children will not be so caught of guard by their disappointment, a feeling that can crop up for everyone during the holiday time, and parents can feel good about having a game plan. Here are some activates to help bring memories of the loved one into the holiday event which is a comfort in itself, as that person will not be far from everyone's mind.

- Light a candle at meal time, or bed time, together as a family.
- Write down a favorite memory or something each person inherited or learned from the loved one. Place it in a special box or jar then pick a time to read them together.
- Give something: a donation, an ornament, an outing, in memory of the person who died.

This holiday season: Be gentle with yourself, receive from others, and take it one step at a time.

Center for Grieving Children

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More photos from the event



Children's Grief Awareness Day - NOVEMBER 17, 2011

<http://www.highmarkcaringplace.com/cp2/cgad/index.shtml>

Children's Grief Awareness Day is observed every year on the Thursday before Thanksgiving. This time of year is a particularly appropriate time to support grieving children because the holiday season is often an especially difficult time after a death. Children's Grief Awareness Day seeks to bring attention to the fact that often support can make all the difference in the life of a grieving child. We invite you to invite those in you, your school, and your community to join with thousands of others—children and adults—to pause and take a moment, a day, or even a week to consider the impact on a child of the death of a loved one.

GO TO THE WEBSITE TO FIND THESE ON-LINE PROJECTS

Wear blue on Children's Grief Awareness Day.

- Raise awareness of grieving children and Children's Grief Awareness Day by helping to reach the goal of gaining **10,000 "Likes" on the Children's Grief Awareness Day Facebook page.**
- Learn about **other activities** you can plan on "[How You Can Participate in Children's Grief Awareness Day.](#)"
 - Help spread HOPE to grieving children right now by joining in "[Holding on to HOPE.](#)"

Thank you for making a difference in the life of a grieving child and for encouraging others to do so as well. Together, we can help the children in our midst—maybe children right next to us—to not feel so alone in their grief and to find hope.

We Remember....

These dates in November....
Birthdays:

Alice L. 11/1/1984

Russell O. 11/11/1972

Juergen R. 11/11/1951

Eric S. 11/17/1975

Patti Ann L. 11/23/1968

Carson R. 11/16/2004

Paul B. 11/17/1969

Brian N 11/24/1970

