

CENTER FOR GRIEVING CHILDREN

A PROGRAM OF THE BOYS & GIRLS CLUBS OF THE FOX VALLEY



CGC Virtual Family Night Schedule

ADULT NIGHT

TUES Child loss, 6:00 - 7:00 pm
May 19 Spouse Loss, 7:00 - 8:00 pm
Adult Other, 8:00-9:00 pm

YOUTH NIGHT

TUES Ages 3-7, 4:00 - 4:45 pm
May 26 Ages 8-10, 5:00 - 6:00 pm
Ages 11 - 18, 6:30 - 7:30 pm

TUES No Virtual
June 2 Family Night

ADULT NIGHT

TUES Child loss, 6:00 - 7:00 pm
June 9 Spouse Loss, 7:00 - 8:00 pm
Adult Other, 8:00-9:00 pm

YOUTH NIGHT

TUES Ages 3-7, 4:00 - 4:45 pm
June 16 Ages 8-10, 5:00 - 6:00 pm
Ages 11 - 18, 6:30 - 7:30 pm

Our Family Night Peer Support Groups are now happening virtually via zoom weekly rotating between youth and adults! For the monthly schedule please visit: www.cgcfv.org.

For current families: a weekly email will be sent to register, followed by an email with the zoom link.

For New families: please email: EHollister@bgclubfoxvalley.org or call 920-750-5839 to set-up a one time virtual orientation.



Looking into the future when everything feels so uncertain is difficult to do.

As the soon-to-be graduating senior is well aware of the paradoxical time that we are in; feeling proud of all that she has accomplished and yet mourning the opportunity to celebrate with her peers as normal teenagers do- enjoying sporting events, social gatherings, prom, and most importantly walking the stage on graduation day.

This is the way anticipatory grief shows up for us in this time. Navigating the void of all the memories that were meant to be shared and celebrated with one another and not knowing what the future will hold because there is no set date for when things will go back to a somewhat normal life.

It is natural to feel disappointed, fearful, angry, confused, numb, hurt, and all the other emotions that relate to grief. While grief itself is universal, it is also very personal. We all have different needs when it comes to addressing how we cope and what is supportive. Some may need to talk, while others may need space to process. Some may find solace in listening to music, while others need a way to actively get out the uncomfortable feelings that sit in the body (running, weight lifting, punching bag, dancing, etc...). Whatever your needs are, it's important to find healthy outlets that bring you some kind of relief and reset your overwhelmed nervous system.



photo courtesy of Paris Schaefer,
Class of 2020

It is important to note as it relates to teenagers, that they may be an especially vulnerable group in this time for feelings of isolation, high risk behaviors, mood swings, and even depression.

Teens are in a very transitional phase in life -teetering between a sense of self and how they relate to another. The social climate is important in developing an identity with who they are and where they fit in life. In a time when teens are missing much of their normal interactions with friends and peers, its important to continue allowing them the opportunity to find safe ways to stay engaged with their friends and allow for space and privacy.

And for as much independence that they are seeking, deep down they know that eventually it will be time for them to go out on their own. So why not take this extra time to listen to their dreams and aspirations, celebrate the individuals that they are, and maybe - just maybe - give them an extra hug or two (if they let you) because even teenagers need to feel safe and supported in this world. And don't we all, so why don't you give yourself a hug, too!

MAY IS MENTAL HEALTH AWARENESS MONTH

This is about our kids, it's about you, and it's even about me.

Because let's face it, we all have struggled with our mental health at different points in our lives, maybe even daily, and that's okay.

We all have gone through a range of experiences, have different personalities and genetic traits that make up who we are and how we interact with the environment around us, it's what makes us unique. And yet, our struggles are universal, so why do we still feel alone?

Maybe we haven't found someone that we can trust to open up to. Maybe we feel too embarrassed about reaching out for help. Maybe we deny that we aren't okay and just hope it will go away.

Well there is good news in all of this, there are things that we can do to protect and take care of our own mental health and that of our childrens', and that can start as soon as today!

And you know what, we are resilient human beings and already have it within ourselves to get through even the most challenging times, including this pandemic and even the death of a loved one. Sometimes we forget the magic that already lies within each of us and the strengths that we have drawn upon in times past to help us get through the obstacles of life.



Featured Mental Health Resources



The Connection
N.E.W. MENTAL HEALTH



National Federation of Families
for Children's Mental Health



4 things you can do today to take care of YOU!

1) GET SUPPORT:

Find the right support you need. Maybe it's in the form of therapy, a life coach, peer support groups, or a trusted friend. Whoever your supports are, they have to be what works best for YOU!

2) GET SLEEP:

Sleep is vital to being mentally healthy! Here is a great article that talks about the importance of sleep.

3) GET MOVING:

Movement of any kind for at least 30 min. a day is so good for our body and our minds! Health benefits of exercise.

4) GET IN NATURE:

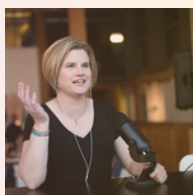
Being out in nature can be physically healing. Getting vitamin D from the sun, getting fresh air for our lungs, and taking time to reconnect with ourselves and the natural environment around us. The positive effects of nature



Featured Grief Resources



The Dougy Center
National Center for
Grieving Children &
Families



Jenny Lisk
Widowed
Parent
Support
(& Podcasts)



Center for Grieving Children



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