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St. Paul, MN 55117  
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The Resource Center is directed by Tony Del Percio, Grief Counselor, and is available to all those who have experienced the death of a loved one. It is sponsored by Bradshaw as part of their community service and ongoing support following the funeral, at no cost. Services include: support groups as well as various social activities. This newsletter is sent to families for a period of one year after a death. At that time if you would like to continue receiving our newsletter or have questions please contact Tony at 651-489-1349.

**Have Questions? Need to register for an event or group?**

Please contact us at 651.489.1349, Monday through Friday,  
9:00 a.m. - 5:00 p.m. [www.bradshawfuneral.com](http://www.bradshawfuneral.com)



GRIEF RESOURCE CENTER



# GRIEF RESOURCE CENTER

## Healing the Heart®

*“Providing education and support at a time of loss”*

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### CHILDREN THE FORGOTTEN GRIEVERS

I remember when I was 9, my grandmother died at a young age. She was the person who helped raise me and was a big part of my life. This was the 1st major death I had experienced and never really understood that she was not returning. I can still remember the wake and funeral, all the adults greeting my family, giving them cards and talking about my grandmother. I felt like a lost little boy, here I was hurting and yet no one offered me sympathy.

I have listed a few suggestions to help you and your children deal with grief:

**Listen.** Always listen to children when they are ready to talk and share their feelings, not when it's best for us.

**Answer their questions.** Kids learn by asking questions, so it's important to be honest and use words they will understand.

**Give the child choices.** Explore with the child how they want to remember their loved one. They may want as something to remember them by. For younger children, drawing pictures or putting together a memory box can be helpful.

**Respect differences in grieving.** For children they may act out, withdraw, or grades may drop. Help them understand that it's okay to cry and express their feelings. Never tell a child to be strong or it is not okay to show feelings.

Don't forget to touch base with them over the months see how they are doing and adjusting to this new way of life.

If you ever have questions on children's grief, please feel free to contact me.

*Tony, Director of Bradshaw Grief Resource Center*

### GRIEF GROUPS

## SIX WEEK INFORMATIONAL SERIES

### Transforming Grief Into Growth™

This 6 week educational series offers individuals and families insights, understanding, tools needed and support through the grief process. Various topics will be discussed ranging from: what is mourning, understanding our emotions, 4 tasks of grief, goal setting as well as learning to rebuild our lives. It is important that you attend all of the sessions. Please allow yourself 4 weeks after a death before attending this group. After the 2nd meeting, the group becomes closed. The group is free of charge and will meet at the following location for 6 weeks.

**Stillwater Location, Starting on Monday, September 15th at 6:30 p.m.**

### SURVIVORS OF SUICIDE (SOS)

This group is designed for individuals and families who have experienced the death of a loved one through suicide. The group meets at our **White Bear location the 1st Thursday of each month at 7:00 p.m.**

### YOUNG WIDOW/WIDOWER MEETING

A special meeting is set for **September 30th at our Stillwater Location at 7:00 p.m.** Often times the needs of younger spouses are very different than older spouses. In many cases, they still have children at home and or the spouse is still working. This informal meeting will look at the challenges you face and identify healthy ways of taking care of ourselves as well as helping our children cope with the death.

### SOCIAL ACTIVITIES

#### OUT TO BRUNCH:

We meet the 1st Sunday of each month at various restaurants. We meet at 1:00 p.m. and the cost of brunch will be on your own. Sundays are often a difficult time for many, so this is a great way to meet and socialize with others; **September 7th at PD Pappy's in Stillwater and October 5th at the Bungalow in Lakeland. Reservations required if you will be joining us.**

#### TUESDAY, OCTOBER 7TH BOAT RIDE AND CASINO TRIP

Enjoy a delicious Breakfast Buffet while you cruise along the Scenic St. Croix & Mississippi Rivers to Treasure Island Resort and Casino for four hours of exciting gaming. Boarding begins at 8:30am at the Hudson City Docks, Hudson, Wisconsin. Departure 9:00 am - 12:30pm to Treasure Island Casino. Once at the casino you will receive \$15 slot play from the casino and a luxurious bus ride back to Hudson. Bus picks up at 5pm in the Bingo area and returns around 5:45pm. Adults & Seniors \$39.00 per person. The trip includes: \$15.00 (slot play from Casino), Breakfast Brunch by the Afton House and Fall Boat Cruise. We will need your name and player card number or if you don't have a card number we will need your name, address and full birth date. Make out checks out to Bradshaw for \$39.00 and mail to 1078 Rice Street, St. Paul, MN, 55117. **Deadline is October 1st.**

*To make reservations and sign up for a group, please call 651-489-1349 between the hours of 9:00 a.m. to 5:00 p.m., Monday-Friday.*