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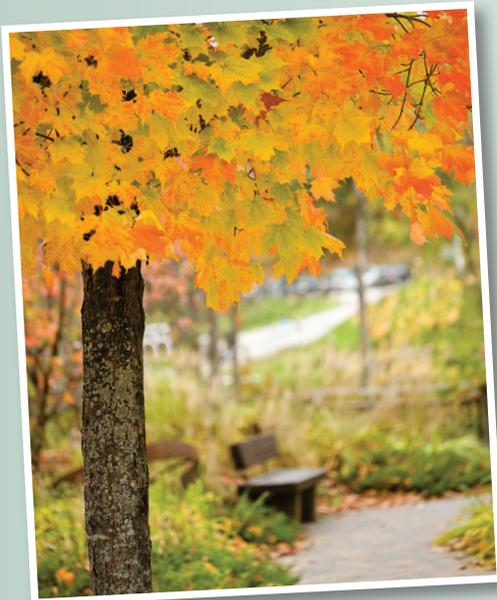


OCTOBER/NOVEMBER 2013

# GRIEF RESOURCE CENTER

## Healing the Heart®

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



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: limited individual & family counseling, support groups as well as various social activities. If you have any questions or wish to meet Tony, he can be reached 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.**

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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,** Starting on Saturday, October 26th at 10:00 a.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.**

#### PARENT GRIEF SUPPORT GROUP

The loss of a child, any age, is a most painful experience. The bereaved parents group meets the **3rd Thursday of each month. The group meets at 6:30 p.m. at our Stillwater location.**

### 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; **October 6th at the Freight House in downtown Stillwater, November 3rd at Sunsets in Woodbury and December 1st at Ruby Tuesdays in Stillwater. Reservations required if you will be joining us.**

**SAVE THE DATES** *More information on these events in the December issue.*

**Candlelight Services:** Tuesday, December 10th at our Minnehaha location; Thursday, December 12th at our White Bear location; and December 14th at our Rice Street and Stillwater locations.

**Annual Christmas Party:** Sunday, December 15th, 5:00 p.m. at Mancini's Char House.

*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.*

### BRADSHAW NEWS

Congratulations to **Karen Pederson** on her retirement. She has been with Bradshaw for 15 years as administrative assistant at our Stillwater and Rice Street locations. We wish her the very best and thank her for her years for service.

We would also like to welcome the following new staff: **Keddie Roylance** as the new administrative assistant at our Rice Street location; **Rob Gagner**, funeral director and **Jane Prescott** and **Kelly Franz** as our pre-need counselors.