

Supporting Kidds

The Center for Grieving Children
and Their Families



Crazy Catwalk for Kidds: a huge success!

Thank you so much to J Christian Studio for creating this fantastic hair and fashion show. Owners J Christian and Marcy increased the visibility of Supporting Kidds and raised \$33,000 for us! Everyone had a great time, including our models Dr. Traynor and Dr. Spirito.

Our Spring Gala: the Party on the Patio

Join us *Thursday May 10, 6:30-10pm* at the Vicmead Hunt Club in Greenville. Our Honorary Chair is Mrs. Carla J. Markell.

This Party features delicious hors d'oeuvres and drinks, live entertainment, and a wide selection of unique auction items, including beach vacations, sports and concert tickets, massages, autographed sports memorabilia, golf outings, and even a side of grass-fed beef!

Tickets are \$60 per person or \$110 per couple. Buy your tickets online at www.supportingkidds.org or call us 302-235-5544.

Celebrating Our Parents

in honor of Mother's Day and Father's Day
Wednesday May 9, 6:30- 8pm

Learn ways to cope with these holidays following a loss. Come learn how to build *new* traditions and memorials. Children, ages 5-18, and their families will meet in groups by age. FREE. Please [RSVP](#) by May 4.

Helpful Tips for Falling Asleep

For grieving families, and all of us....

Many people, especially during the early phase of bereavement, have problems sleeping well. These problems can be aggravated by the changing seasons and daylight savings time. Getting enough sleep is an essential part of the self-care needed to make sure you have the energy (both physical and mental) for grief-processing. Consider these tips to help you get a restful night's sleep:

1. Challenge yourself to set a consistent sleep schedule-plan

Welcome New Board Members

- Coleen Toy, of Newark, Vice President, Division Manager at Fulton Bank.
- Eric Monzo, of Greenville, Attorney at Morris James LLP.
- Matthew Rice, of Wilmington, Senior Vice President at Bank of America.

Welcome and
thank you!

Come tour our house

This is a great way for you, or a friend, to learn more about Supporting Kidds.

Upcoming dates:
Tues. April 17, 7pm
Tues. May 22, 12pm
Thurs. June 21, 12pm
Thurs. July 12, 7pm

Tours are FREE and last about 1 hour.
Please [RSVP](#)

Like us on Facebook 

Support us through the
United Way # 0728

to wake each day at the same time and go to bed at the same time each night. Consistency will help to regulate your circadian rhythm.

2. Try to make sure that the last hour before going to bed is peaceful - listen to soothing music, read a light book, or engage in needlework such as knitting or crocheting.

Read the rest of this article at our web site, [Helpful Tips](#)

Thanks for your interest and support,

Dr. Stephanie Traynor, PsyD, MBA
Executive Director


Supporting Kidds,
The Center for Grieving Children and Their Families

1213 Old Lancaster Pike, Hockessin DE 19707
302-235-5544, support@supportingkidds.org
www.supportingkidds.org

Donate on our
[website](#) or by
mail. Make your check
payable to *Supporting
Kidds*

1213 Old Lancaster Pike
Hockessin, DE 19707

*Your donations help
make sure that no
child grieves alone.*

 Forward to a Friend