

Supporting Kidds

The Center for Grieving Children
and Their Families



School-based Group Therapy

We just completed an innovative program in the Colonial School District in Delaware. We provided group therapy sessions in school, during the school day. Thirty-three students in 3 middle schools participated. They were selected by their schools because they had experienced trauma or loss or had behavioral or emotional problems. The program taught coping and relaxation skills, helped the students process their trauma and loss experiences, and tried to bring them back onto a healthy development path.

From a group participant: *"I'm really kinda sad that group is ending. I'm definitely going to miss it. This group helped me find ways to deal with all the anger I have. I want to thank our group leaders for always being here."*

The goal is that by understanding the impact of trauma and loss, learning to identify triggers, learning better ways to cope with negative feelings, these 33 students will be able to make better choices and succeed at school and in their social relationships. The University of Delaware assisted with data collection and we expect a published paper quantifying the results later this summer.

Thank you to AstraZeneca and the DE Division of Prevention and Behavioral Health for funding this unique program.

Summer volunteer opportunities

Come spend a few hours with us. We will be organizing supplies, cleaning, doing office work, painting, and/or weeding. Please RSVP.

Thursday July 12, 12-8pm

Wednesday August 22, 11am-4pm

Or gather your own team and call us to schedule.

Stretch your Stress Away

August 1, 8, 15, & 22 from 6:30-8pm.

Open to grieving children ages 5-18 and their caregivers.

Grief is a FULL BODY experience, impacting our minds, emotions, and our bodies. Yoga poses, breathe work, and meditation can help facilitate grieving, while easing physical and emotional tension and quieting the restless mind. Practicing yoga can help enhance a child's sense of self-control and self-efficacy, while strengthening the body and soothing the mind. Practicing yoga will not take a child's grief away, but it can help him or her find ways to make living with grief more manageable.

Welcome Debbie!

Debbie Throckmorton just joined us as our new Office Manager. She has over 25 years of experience in administration and management, as well as accounting and financial practices. She is a great addition to the Supporting Kidds team.

View Our New Web Site

Check out our new and improved web site:
www.supportingkidds.org

It features new colors, more photos, our new video, easier navigation, and more useful information for families, professionals, and our supporters. It is a great improvement. Special thanks to Josh Parker, Jason Thompson, and Cassy Galon.

Come Tour Our House

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

Upcoming dates:

Thurs. July 12, 7pm

Wed. Aug. 22, 12pm

Thurs. Sept. 20, 10am

Please RSVP

Children will practice yoga and other stress-reducing coping techniques in small groups with similarly-aged peers. Adults will gather to discuss tips for enhancing relaxation and methods for supporting healthy coping skills. FREE, but please [RSVP](#) to register.

Recent Grants Received - Thank you!

\$16,137 from the [State of Delaware Grant-in-Aid Appropriations Bill](#). This will be used for general operating funds and to keep our services affordable to all.

\$10,000 capital grant from the [Delaware Community Foundation](#). This will be used for roof repairs and attic renovations. We want to keep our beautiful house in excellent condition so we can continue to provide a safe and comfortable space for therapy and support for grieving children and their families.

Back-to-School Night

Wednesday September 5, 2012 from 6:30-8pm.

Going back to school after a death can be a scary and overwhelming time. Join us for this special one-night support group to find ways to manage grief while adjusting to a new school year. Children will work in small groups with same-aged peers. Adults will discuss ways to support their children coping with a new loss as they return to school. Open to grieving children ages 5-18 and their caregivers. FREE, but please [RSVP](#) to register.

Thanks for your interest and support,
Dr. Stephanie Traynor, PsyD, MBA, Executive Director
Supporting Kidds,
The Center for Grieving Children and Their Families
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Stay Connected



Be sure to view our video on YouTube!

Support us through the United Way #0728

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

Supporting Kidds
1213 Old Lancaster Pike
Hockessin, DE 19707

Your donations help ensure that no child grieves alone.

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