

# Supporting Kidds

The Center for Grieving Children  
and Their Families



## Yoga and Relaxation for Grieving Children

We received fantastic feedback about our yoga program last summer and many requests to continue it. We are excited to welcome Jill Reed, Certified Children's Yoga Instructor and owner of Bright Future Yoga, back for another 4-week yoga session.

Join us on **Wednesdays, July 10, 17, 24, and 31** for fun and relaxing evenings of yoga and relaxation to help aid in the grief process. This program is open to grieving children, ages 5-18, and their caregivers. Children will practice yoga, mindfulness, and other stress-reducing activities, while adults will explore ways to manage their own stress while parenting bereaved children.

Please contact us for more information and to register:  
302-235-5544 or [support@supportingkidds.org](mailto:support@supportingkidds.org)

## Party on the Patio - a big success

Our annual spring gala raised over \$37,000!

Thank you to our great committee, all of our auction and in-kind donors, and everyone who attended the Party on the Patio.

It was a fabulous event.



From left: Clinical Director Dr. Malina Spirito, Executive Director Dr. Stephanie Traynor, and Board President Nate Bacon

## New 5K Race!

Join us November 3rd in Wilmington for the Cathy Wheeler Hartman Memorial 5K, the *Be Good, Be Safe, Have Fun Run*.

Cathy's family created this race to raise money for a worthy cause in honor of her memory and to serve the community with an amazing event that will spread Cathy's overwhelmingly positive attitude. All of the proceeds will be donated to Supporting Kidds.

You can register now at: [www.races2run.com/events](http://www.races2run.com/events)  
Scroll to November 3rd and click "Be Good, Be Safe, Have Fun Run."

Our goal is 200 pre-registered racers. Please register now and tell a friend!

## Volunteer Opportunities

Gardening Days:

June 13, 12-3pm

July 2, 12-3pm

This is a fun way for your High School student to earn some volunteer hours.

Sat. Sept. 7

Help staff our booth at the Mushroom Festival in Kennett Square.

Please RSVP



Board Member Bill Bowsbey and Committee Member Ann Bowsbey

Fundraisers like this enable us to offer scholarships to the grieving children and their families who come to us for therapy and support services. We work to ensure that no child grieves alone.

Photo credits: Danielle Bouchat-Friedman of hibuu

## Healing Pathways

Our spring Healing Pathways bereavement support program was a tremendous success. 20 grieving families participated this spring, including 29 children and 22 adults. Children worked together to find healthy ways to cope with grief, while forming valuable connections with grieving peers. Our adult group quickly bonded as they discussed ways to support their children throughout the grief process.

### Come for a Tour

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

#### *Upcoming dates:*

Wed. June 19 at 12noon  
Tues. July 23 at 7pm  
Wed. Aug. 21 at 10am

Please RSVP

### Donate Anytime

You can donate on our website or by mail. Make your check payable to:

Supporting Kidds  
1213 Old Lancaster Pike  
Hockessin, DE 19707

Support us at work:  
United Way #0728  
SECC (DE) # 70043  
Ches.Bay CFC #69638

Donate much needed supplies via Amazon.com here

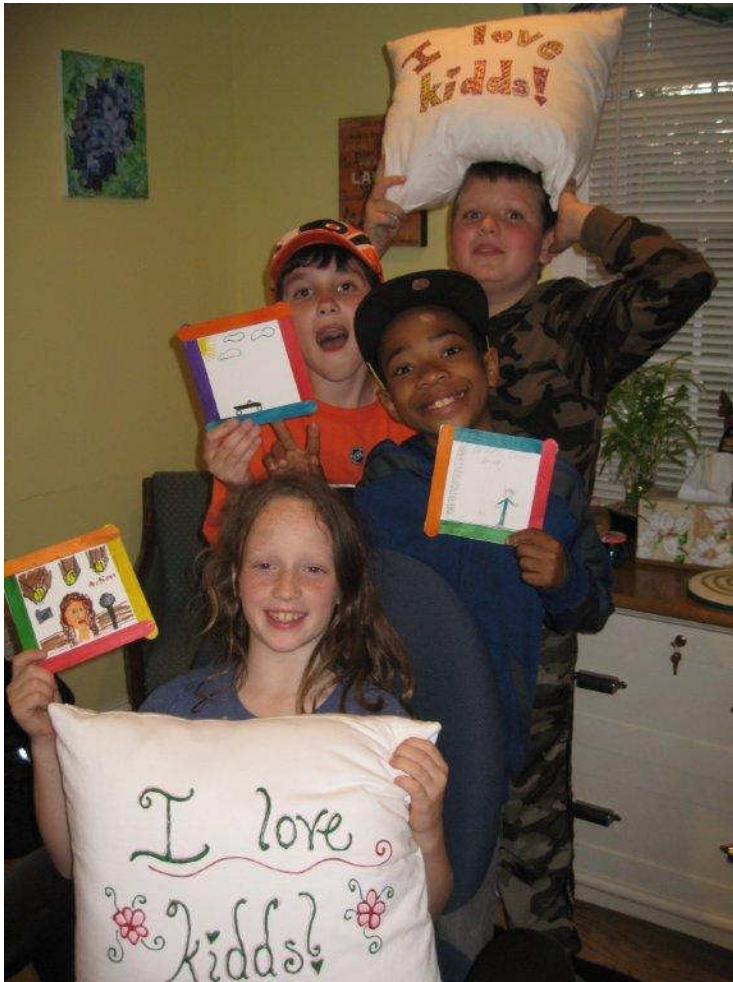
*Your donations help ensure that no child grieves alone.*

### Corporate Sponsors

Rather than ask local businesses to sponsor each event, we now have **Corporate Sponsorship Packages** available. It's a great way to support us and have your business recognized at our popular events throughout the year. Levels range from \$5,000 to \$500.

Click to learn more: sponsorship

**Total Family Solutions** is our first Silver Sponsor of 2013. They provide out-patient



"I did a lot of grief work early on after the death of my wife. I put my 3-year old son in therapy and read so many books on the topic of grief in adults and in children. I wrote blogs, attended grief support group, all of that. I thought I had it dialed in when it came to grief. Still, the Healing Pathways support group and the curricula showed me so many things and taught me new skills for communicating with my children. It's been one of the best things I've ever done as a bereaved person and as a parent of bereaved kids. I'll definitely be back," Father of a 3 year old and a 5 year old.

mental health services in DE, MD, and NJ.



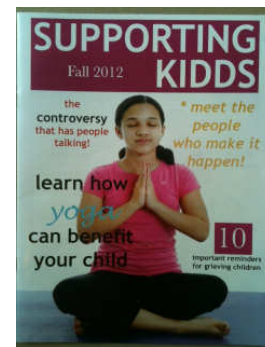
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## Stay Connected

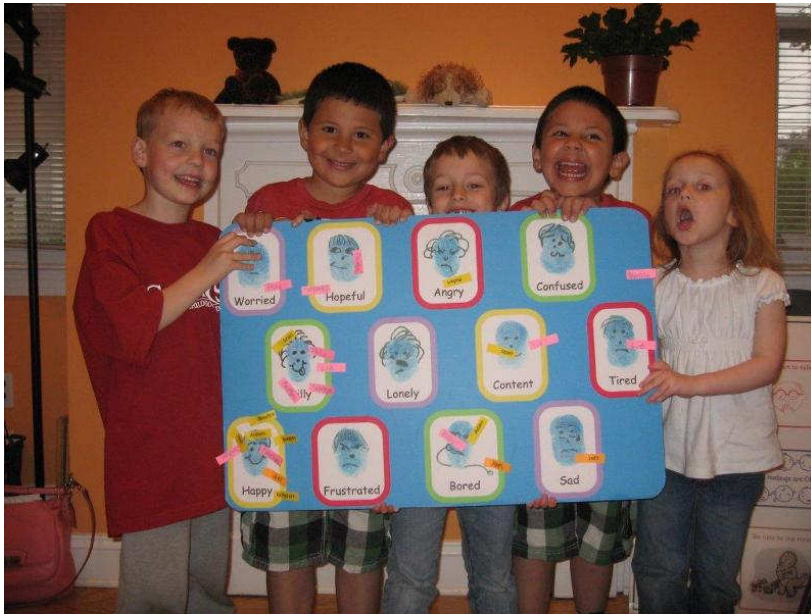


Be sure to view our video on YouTube!

You can read our magazine online [here](#).



Forward to a Friend



"Thank you so much for offering this program. My children have been in numerous programs to help them deal with their grief, but none seemed to help. Even the school program offered to my kids fell short. During the 6 weeks here my kids opened up, met friends (like them), and enjoyed the non-threatening atmosphere. My children were always eager to come to group. The only down fall of the whole program is that it had to end," Mother of an 8 year old and an 11 year old.

### Grant Received - Thank You!

We received a major 1-year grant of \$133,000 from **Highmark Delaware**, through their BluePrints for the Community grant program. This will increase our capacity and provide greater access to services for bereaved children. We will be implementing an electronic health records/billing system and hiring new bereavement support professionals through this generous grant.

### Big thank you's to .....

*Amanda Warren* and the **Alpha Phi Omega Pledge Class at UD** for organizing our first annual Supporting Kidds Field Day! The event was awesome and our families had a great time interacting with all of the APO volunteers. They especially loved the face painting, craft table, parachute games, and the water balloon toss. Thank you APO for your ongoing support. We love collaborating with you.



Thank you also to *Joyce Cook and the Threads of Comfort and Love Sewing Group from the Hockessin United Methodist*. This sewing group provided 40 handmade comfort pillows as gifts for our Supporting Kidds clients. They were a huge hit with the kids who participated in Healing Pathways and we look forward to continuing to share these gifts with future clients.

Also, thank you to Gene at *Heffner Home Consulting* who is working with us on house renovations. We are improving safety and creating an additional group space for our programs. Thank you to the *Hockessin Athletic Club* for funding the renovations.

Thank you 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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302-235-5544, [support@supportingkidds.org](mailto:support@supportingkidds.org)  
[www.supportingkidds.org](http://www.supportingkidds.org)

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