

# Family Newsletter

## January 2017

### Happy New Year!

Welcome to the year 2017! Here are a few New Year Resolutions for griever to start your year.

This year I resolve to:

- Not put a time limit on my grief. Loving someone means loving them for my lifetime whether they are physically present or not.
- Tell their stories, the happy and the sad, they will live on through me. Encourage others to share memories.
- Teach others that they cannot “make” me cry, tears are only an external expression of how I am feeling.
- Understand that crying or otherwise expressing my pain is healthy and normal. “Doing well” means expressing my feelings.
- Understand that others will not understand my pain and it isn't fair to expect them to do anything but listen.
- Help others; reaching out to others in pain will help me to heal.
- Do something nice for myself every day.
- Know that if today I cannot do everything that needs to be done, tomorrow is another chance to get it done.
- Cry when I need to, laugh when I can and to not feel guilt about either one.

### Memorial Walkway

#### Order your brick paver today!

Suncoast Kid's Place has a new addition! At the SKP children's house in Lutz you may notice a new brick walkway as you enter. This is the new Memorial Walkway.



**Order a brick to memorialize your special person. Each brick order comes with a replica tile for personal use.**

### Camp Erin Tampa Bay 2017

February 24 – February 26, 2017

Camp Erin® Tampa Bay is a weekend sleep away camp specifically designed for kids and teens, 1<sup>st</sup>-12<sup>th</sup> grade, who have experienced the death of a significant person in their life. At Camp Erin, kids have the opportunity to explore, express, and memorialize while being around other kids who have experienced similar losses in their lives.

**Call Suncoast Kid's Place today to find out if there are still openings for camp.**



# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Non-Student Day <b>No School</b>	3 <b>3rd-5th (1)</b> 6:30-8:00 <b>Middle School Girls</b> 6:30-8:00	4 <b>K-2nd (1)</b> 6:30-8:00 <b>HALOS Group:</b> Healing After a Loved Ones Suicide 7:00-8:30	5 <b>3rd-5th (2)</b> 6:30-8:00 <b>Middle School Boys</b> 6:30-8:00 <b>Brandon</b> 6:45-8:00 (All age groups)	6	7
8	9 <b>Little's (3-5 y/o)</b> 5:30-6:30 <b>High School Girls</b> 6:30-8:00	10 <b>K-2nd (2)</b> 6:30-8:00	11 <b>3rd-5th (3)</b> 6:30-8:00 <b>High School Boys</b> 6:30-8:00	12 <b>New Port Richey</b> 6:30 – 8:00 (All age groups)	13	14
15	16 MLK Jr Day <b>No School</b>	17 <b>3rd-5th (1)</b> 6:30-8:00 <b>Middle School Girls</b> 6:30-8:00	18 <b>K-2nd (1)</b> 6:30-8:00 <b>HALOS Group:</b> Healing After a Loved Ones Suicide 7:00-8:30	19 <b>3rd-5th (2)</b> 6:30-8:00 <b>Middle School Boys</b> 6:30-8:00 <b>Brandon</b> 6:45-8:00 (All age groups)	20	21
22	23 <b>Little's (3-5 y/o)</b> 5:30-6:30 <b>High School Girls</b> 6:30-8:00	24 <b>K-2nd (2)</b> 6:30-8:00	25 <b>3rd-5th (3)</b> 6:30-8:00 <b>High School Boys</b> 6:30-8:00	26 <b>New Port Richey</b> 6:30 – 8:00 (All age groups)	27	28
29	30 5 <sup>th</sup> Monday <b>No Groups</b>	31 5 <sup>th</sup> Tuesday <b>No Groups</b>				

Please call/email if your family will be absent from group  
813.990.0216 • [info@suncoastkidsplace.org](mailto:info@suncoastkidsplace.org)

SKP calendar is based off of the Hillsborough County Schools calendar