



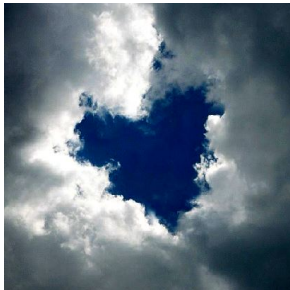
*for grieving children, teens, & families*

# Family Newsletter

## February 2017

### Coping with Grief on Valentines Day

Just when you thought the holidays were over, here comes Valentines Day; the holiday celebrating the love that we share with someone. "Holiday's tend to cause anniversary reactions" according to George A. Bonanno, Ph.D. professor and chair of the Department of Counseling and Clinical Psychology at Columbia University.



Anniversary reactions occur on the anniversary of an important event or holiday. These times can remind us of the person who's no longer with us and exasperate the pain of grief. With the focus of Valentines Day being on love, relationships and romance, this day can be very difficult for some. Here are some ideas of helping to cope on Valentines Day:

- Eliminate expectations. - Everyone grieves differently. Do not expect that this day will bring you a day of sadness and grief; it may bring you a day full of beautiful memories shared with your deceased person. Allow yourself to laugh or smile. Research has

shown that positive emotions and laughter are tremendously helpful when coping with the loss.

- Have a plan – You do not want to be caught off guard on this day so, consider what you would like to do with your time.
- Seek Support and have a plan – You do not want to be caught off guard on this day so, consider what you would like to do with your time; schedule a date with a friend or stay in and read a good book.
- Journal - Writing allows you to reflect on your thoughts and release those pent-up feelings.
- Honor your person – It is perfectly acceptable to continue to honor your person after their death. Write them a letter or buy a Valentines card for them. This is especially helpful for children. Many activities at school revolve around arts and crafts for the special person that died on Valentines Day. Have them keep their special Valentines in a memory box dedicated to their special person.

Most importantly, do what works for you! What works for one person may not work for another. Our grief journey is a very individualized experience. So make sure that you take care of yourself this Valentines Day and do what makes you feel comforted.



# February 2017

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

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