



# SUNCOAST KIDS PLACE

FOR GRIEVING CHILDREN, TEENS, & FAMILIES

## Family Newsletter July 2018

### New Year of Groups

**The new group season begins August 1<sup>st</sup>, 2018.**

Emails have been sent out to all current families; please check your email inbox and your spam and follow the link embedded which will direct you to choose the group most convenient for you and your family. If you have not received an email, please contact our office at (813) 990-0216 so that we may register you today.

Please don't delay as groups fill up fast!

### Summer Groups

Suncoast Kids Place will be providing one more summer group in July before normal programming starts in August. All participants in that age group will meet on the same night.

Groups will be at the Lutz location:  
17030 Lakeshore Rd, Lutz, FL 33558

**Littles:** Monday, July 9 (5:30 - 6:30 PM)

**K-2nd:** Tuesday, July 10 (6:30 - 8:00 PM)

**3rd-5th:** Thursday, July 12 (6:30 - 8:00 PM)

**Teen Girls:** Tuesday, July 10 (6:30 - 8:00 PM)

**Teen Boys:** Thursday, July 12 (6:30 - 8:00 PM)

### Suncoast Kids Place's 10-Year Anniversary

We celebrated 10 years of service to the Tampa Bay community by opening the doors of the Lutz SKP house and providing tours to many who never knew what SKP was all about. Attendees found a great appreciation for the services that are being provided to the grieving children and families in our community.

We are looking forward to the next 10 years in Tampa Bay and possibly beyond!

### Self-Compassion

When talking to a friend or family member about a struggle they are having, how do you respond? Probably in a loving and empathetic way that conveys they are being too hard on themselves. Now think about how you would respond to yourself when you are struggling; probably not as compassionately.

Remember to be kind to yourself when you are having a hard time. Use the acronym **BREATHE** to help you remember to be kind to yourself instead being hard on yourself.

**B** – Be kind to yourself.

**R** – Respect your body by not overindulging alcohol, drugs, and bad food; by getting enough sleep, and by moving around at least a little every day.

**E** – Engage with others in big and/or small ways. We're not asking you to bloom into a social butterfly or anything. Just try not to isolate. If you haven't been around other people in a while, go to the local coffee shop or go out for a walk and wave to your neighbors.

**A** – Allow your emotions to ebb and flow. Don't run from them. Expect that grief emotions will bubble up, their intensity will rise, and they will wash over you and recede.

**T** – Take life one minute, hour, and day at a time. The enormity of what it means to live life without this person is overwhelming, but remember that coping with grief is something that happens bit-by-bit and day-by-day

**H** – Allow yourself space and time to remember, honor, and to connect with your person's memory and their continued impact on the world.

**E** – Your critical voice has a lot of expectations about what grief *should* be like and how you *should* cope. Remember, there are very few "*shoulds*" when it comes to coping with grief. Everyone copes in their own way and at their own pace. So give yourself a break.

[www.whatsyourgrief.org](http://www.whatsyourgrief.org)

813.990.0216 • [info@suncoastkidsplace.org](mailto:info@suncoastkidsplace.org) • [suncoastkidsplace.org](http://suncoastkidsplace.org)

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**Group Color Key:**  
Lutz Location Groups  
Secondary Location Groups  
Adult Only Groups

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Healing After Heartache:</b> Adult Grief Support Group 7:00-8:30	3 <b>NO Grief Art Camp</b>	4 <b>NO HALOS Group</b>	5	6	7
8	9 <b>Littles (3-5 y/o)</b> 5:30-6:30	10 <b>Grief Art Camp</b> 9:30AM - 12:30 PM <b>K-2nd</b> 6:30-8:00 <b>Teen Girls (MS &amp; HS)</b> 6:30-8:00	11	12 <b>3rd-5th</b> 6:30-8:00 <b>Teen Boys (MS &amp; HS)</b> 6:30-8:00	13	14
15	16 <b>Healing After Heartache:</b> Adult Grief Support Group 7:00-8:30	17 <b>Grief Art Camp</b> 9:30AM - 12:30 PM	18 <b>HALOS:</b> Healing After a Loved One's Suicide 7:00-8:30	19	20	21
22	23	24 <b>Grief Art Camp</b> 9:30AM - 12:30 PM	25	26	27	28
29	30	31 <b>Grief Art Camp</b> 9:30AM - 12:30 PM				

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