



of Cache Valley,
Preston & BoxElder

Newsletter

November Support Meeting:

Make and Take Ornament

Thursday, November 9, 2017

7:00 p.m.

Logan Regional Hospital Classroom #7



We will be making a Christmas Ornament that you can customize and then take home. Notice the picture below. You have the option to make it in either pink, blue or silver. There is no cost for the ornament, but we would like to know if you will be making one, so we have enough supplies for everyone in the right color. Please let us know which one you will be making by commenting on the Facebook page or by emailing us at cvshareparents@gmail.com. We will also have an informal discussion of strategies on to how to get through the holidays while grieving. Please join us!

Upcoming Events:

- Dec no meeting held
- Jan 11 support meeting TBA
- Feb 8 support meeting TBA



Can I sleep thru the holidays??

How often we feel that way after a loss...like we'd just like to go to sleep for a couple of months and wake up feeling better. Sadly it just doesn't work that way although I gave it a valiant try more than once. So what can we do to help ourselves get through the holidays? Seems everyone has an opinion on it but I think what it really comes down to is doing what feels right for you.

Sometimes that means doing very little and just have a quiet time at home. Sometimes it means going all out and staying very busy. There is nothing wrong with either end of the spectrum. We can have special moments such as a special Thanksgiving prayer or ornaments for our Christmas trees that memorialize our babies. They can be a private thing or a very public thing.

When it seems like holidays only remind us of what we are missing we need to wrap our happy memories around us like a suit of armor to protect us. And above all we need to remember that our babies would not want us to be sad forever, that it is perfectly alright to feel joy, to smile and laugh. Our lives may now be very different but we have survived one of the worst things that can happen....the key word there being "survived." So please seek your joy and keep living. Take care of your blessings



If you have a poem or story you would like to share about your precious angel, please email it to kristi@pizzaplusutah.com

WHAT CAN WE DO TO REMEMBER OUR LOVED ONE THIS CHRISTMAS TIME?

- Do a project in their name
- Visit or decorate their grave
- Have a special ornament on your tree for them
- Do an activity they liked to do
- Develop a tradition, ritual or ceremony in honor of them such as lighting candles, giving toys to others
- Take part in a Mortuary or Hospital Tree remembrance
- Get a Poinsettia or floral arrangement for home or church
- Put notes or thoughts in their stocking and hang a stocking for them
- Donate money to a charity in their name
- Purchase a gift that your loved one would have liked & then donate it to someone in need



Here is a site on coping with grief during the Holidays:

<http://sharonmartincounseling.com/coping-with-grief-during-the-holidays/>

For more information, contact:

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Share Parents of Cache/ Box Elder

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