



The Companion

Springtime is often the time when we look to make a fresh start, make things new and clean again. We see this in the brisk wind that blows the leftover fall leaves away; we smell the rain upon the fresh dirt as we dig our hands in and plant seeds and young sprouts; and, those of us grieving are just thankful to see the sun shining, feel the warmth of its rays and hear birds chirping.

As grievers, we know that we cannot change the losses we feel of our loved one's death; however, we can do some things to move forward. Remember, we spring ahead on our clocks; and, we can do a few simple things to help us continue in our healing and move forward. It's a great time to get a fresh start.

Make some time for spring cleaning – The coming beautiful weather with the warmer temperatures will give us the extra energy to want to clean and make things fresh and shiny. It does not have to be a big project, just something that will give us a sense of accomplishment. Maybe we just do some organizing of some of the stuff we have been collecting, like that collection of old photos we have been storing away in a box or a drawer and put together a walk down memory lane. I bet something will spark a smile, a laugh or a happy tear as we draw our loved ones nearer in beauty of this springtime.

Plant something – Spring is a great time to plant and nurture new life. We don't even need a yard; we can do this in a planter or pot if we are short on space and time. Watching things grow, seeing the beauty unfold can bring inspiration to our daily routine as we look for the little changes in our plant or flower and then, in turn, ourselves.

Start something new – Springtime brings many new things. Check out community events, get active in a new club, learn a new hobby or reinvigorate a past one, paint a picture, make something with clay, grab the fishing pole or golf clubs and a buddy. The old becomes new again when we take a companion with us.

Not everything is easy though. Spring can be hard on a grieving person. If the timing isn't quite right, just choose some small thing and try it out. Wake up every morning and remember one positive thing, even if it's just to be thankful that our life was touched by the one we are missing. Knowing that regardless of our relationship, we were in this person's life for a reason, for a season, for love. Remember, they would want us to find the spring of this new season. *(Inspired by "3 Ways to Use Spring to Help You Through Your Grief" by Chelsea Hanson)*

Peace and Love my Friends, Jeanette



WE OFFER SUPPORT

General support meetings:
3rd Thursday of the month

Sibling support meetings:
2nd Wednesday of the month

Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street, Suite F, Appleton, WI

UPCOMING EVENTS

March 13, 2019: Connect to Courage, Fox Cities PAC, from 1:00 to 8:30 pm

March 30, 2019: PSFC Fundraiser from 3:00 to 11:00 pm at ZoZo's BBQ, 1035 Vanderbraak Street, Green Bay, WI 54302

* QPR training at fundraiser from 3:00 to 4:15 pm, provided by Prevent Suicide Fox Cities. (Please RSVP in discussion if you plan to attend so we can get an accurate count for chairs and materials - Thank you!)

* DJ will play after training until band starts.
* The band Sir Real will play from 8-11 pm!

People to Remember:

Birthdays:
Henry-March 3rd
Jeremy-March 11th
Jacob-March 30th
Andrew-April 18th

Eternal Rest:
Rick-March 3rd
Karl-March 7th
Jake-March 8th
Jeanne-April 9th
Justin-April 14th