



Circle of Care

grief and illness services for children and families

A program of East Bay Agency for Children



Making and Sharing Memories



Maria keeps her Dad's soccer ball in her room, and some nights, when she has trouble falling asleep, she brings the soccer ball to bed with her. Maria says it makes her feel closer to her Dad.

Soccer balls, shoes, socks, t-shirts, hats, books, photos, quilts. All of these items and more help us remember loved ones who have died.

In our culture, death is often not talked about, and often people "hide" these sorts of items so friends and family don't think they are "holding on" to their loved one. But in many cultures around the globe, families have small altars in their homes where their deceased loved ones are remembered with photos, food, incense, and other items. At Circle of Care, we recognize the importance of keeping these items, and our memories, part of our every day life after the loss of a loved one.

This year facilitators from some of our support groups planned a Circle of Care version of the Mexican "Day of the Dead" festival. In Mexico November 2nd is celebrated at burial plots around the country, with the creation of elaborate altars for dead relatives. Usually included are

special foods, mementos, photos, artwork and very often at the end of the day wonderful firework displays.

At Circle of Care the children and teens created an altar in their support group. They brought items that helped them remember their loved ones. Many photos decorated the space, as well as favorite t-

sure families have a space to do this, whether it is during a special "Day of the Dead" celebration or simply in the sharing that happens in each and every support group. When a child comes to Circle of Care, and shares that his mother has died of cancer, there is usually at least one other child that says, "my mom too". And those two children can connect, and share their memories of their mothers, their cancer treatment and what life is like for them today. And at Circle of Care, the two children will create new memories, moving forward one day at a time.

Your support of our program is vital to helping us continue to help families create and share memories of loved

ones. During this holiday season, we hope you are able to make a donation to Circle of Care. Donations can be made in honor of friends or family members or in memory of a loved one. Your generosity supports children like Maria to have a place to bring their Dad's favorite soccer ball.

Thank you, in advance, for your contribution to Circle of Care.



Altar made by children who attend Circle of Care Loss Support Groups

shirts, books and even a soccer ball. All sorts of art work was created to decorate the altar. And children shared special stories of their loved family member.

What is vital to the work of grieving children, teens and adults is a place to celebrate and share the life of the loved one that has died. At Circle of Care we make



The following donations have been made to Circle of Care In Memory of or In Honor of a loved one. Circle of Care thanks you for your continued support of our program.

Barbara Bray
In Honor of Martha Chase

Ruth Shorer
In Memory of Gerald Shorer

Joseph & Ann Farias
In Memory of
Bob Van Tassel

Alan Freeland
In Memory of Baby Maynard

Jamie Lee Evans
In Memory of
My Dear Friend Sari

Gifts of any size are always welcome.

Consider making a gift in memory or in honor of a loved one.

Please use the enclosed envelope for donation and it will be listed in our next newsletter.



Financial support is very important to Circle of Care. But we understand that not everyone is able to donate to our agency. Here is a list of other ways you can help us. If you have any questions about any of these options, please call Alinya Charron at 510 531-7551 x109 or alinya@ebac.org

Give a gift this year In Honor Of: Instead of fighting mall traffic and dealing with checkout lines make a donation in honor of those on your list. We will send a lovely card to the person you are honoring and they will be listed in our next newsletter. If you want a card mailed in time for the holidays your donation needs to be received by December 18th.

Volunteer: Circle of Care trains volunteers to work in our support groups. Tell a friends and relatives about our volunteer program. Volunteers need to at least 21 and make a 14 month commitment. Next training: March 2007

Gifts of Stock or Real Estate: Gifts of appreciated stock help out the donor because of the taxes on capital gains, And they help Circle of Care provide important services.



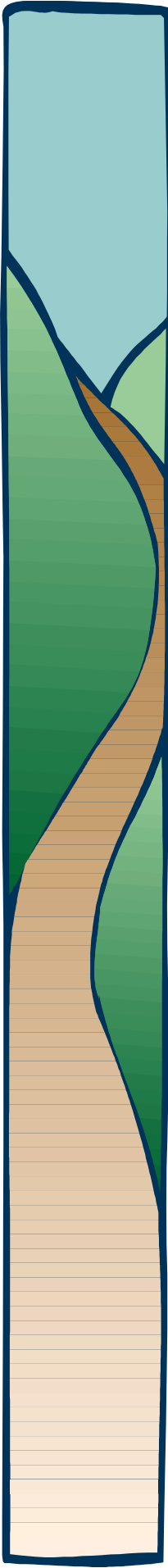
Sign up for eScrip: Register with escrip by going directly to www.escrip.com. Simply enter East Bay Agency for Children's Group ID# 500003966 when prompted. Let Alinya know you signed up, and every time you use your Safeway club card, Macy's card or Visa credit card, a percentage of your purchase total will go to Circle of Care at no extra charge!

Workplace Giving: Does your company have a yearly United Way Campaign? You can designate Circle of Care as a recipient. Please write EBAC-COC (East Bay Agency for Children) and use our Giving Code - 3441. Also keep in mind many companies will match donations to non-profits. Simply send us a matching gift form with your donation.

Ink Cartridge Recycling: Turn in your used inkjet or laser cartridges (from home or work) and we will send them to a program that recycles them and pays us \$3.00 for each cartridge! We don't even pay for shipping. Cartridges can be dropped of at Circle of Care any time!



Any donation you make to Circle of Care is tax deductible to the full extent allowed by law. If you have an idea that's not on this list, give us a call! Thank you for your generosity.



Getting Through the Holidays

~ Tips on How to Cope ~

The holidays can be a tough time for families living with illness and loss. Sometimes friends and colleagues expect you to be "cheery" at holiday parties. Maybe there is an empty chair at your table, or your children seem to be having a much harder time than they were a month ago. As the holidays approach, your feelings of grief may intensify. You may feel anger, loneliness, sadness, depression, or guilt, feelings which are difficult any time, and especially hard when the world is focused on "peace and harmony." We offer these tips in the hope that they may help you through the holidays.

Take the pressure off ~ It is better to do what feels best for you and your family, not what you think you "should" do. Give yourself permission to go slow and limit the number of your activities. Let yourself rest.

Choose your family traditions ~ There is no right or wrong way to handle the day. Some people prefer to follow family traditions, while others decide to change them a bit. It may help to do things just a little differently, or it may be comforting to have the consistency of familiar ritual. Remember that what you choose to do this year can always be adjusted next year.

Cope as a family ~ Extended family get-togethers may be difficult, or they may be a chance to get some much needed support. Be honest with each other about your feelings and your needs. Sit down and decide what you all want to do for the holiday. Let your expectations for yourself and your family be easy this year.

Tailor activities realistically to accommodate illness ~ The memories you make now will last forever. Honor the love and togetherness at the center of your traditions but let the traditions be flexible.

Help the children ~ Include children in the discussions about the holidays. Ask them what they want or don't want to do. Encourage them to express their feelings, even the angry or sad ones.

Care for yourself ~ Holidays are tiring. Grieving is tiring. Get lots of rest. Remember your needs are important. Make time for yourself. You will probably need plenty of quiet time to rest and reflect, as well as social time. Try to get some exercise each day, even if it is just a walk. Aim for moderation with mood-changing foods like sweets and alcohol.

Take time to remember ~ Make a time or a place to focus on memories, stories and pictures of your loved ones. Sharing your memories with family and friends can be healing for everyone.

Reach out to others ~ Identify friends and relatives who understand your loss and can provide support and comfort. Talk to them. Let them know how you are feeling and accept their support.

We wish you and your family the best holidays possible. Take good care of yourselves.

Circle of Care

A Year in Review

A snapshot of our year - but in numbers! Sometimes people who don't receive our services wonder what happens at Circle of Care. This year we decided to quantify our work, to help you imagine what our days and weeks are like. While our services impact hundreds of people in our community each year, our priority is meeting the individual needs of each and every child we serve.

- ♥ 6,048 hours of support groups provided to children and families
- ♥ 3,360 hours donated by our 40 volunteer facilitators to run these groups
- ♥ 3,200 hours individual counseling given by our interns/students
- ♥ 196 hours of training & supervision provided to each of our 15 intern/student counselors
- ♥ 200 families provided with grief counseling during intake interviews
- ♥ 100 fabulous items donated to our annual Volunteer/Intern/Student Appreciation party
- ♥ 80 new gifts donated for our holiday party to be given out to children and teens
- ♥ 15 new volunteer facilitators trained



Annual Holiday Gathering

The Holidays can often be a tough time for those who are coping with the illness or loss of a loved one.

This year we look forward to our annual Holiday Gathering that will take place on Wednesday December 20th. This is an evening for families that attend our support groups. We will have lots of great food and fun activities for toddlers, children and teens.

Invitations will be mailed out in late November.

Walking with a Purpose

On September 9th, Team Circle of Care came out in full force to join hundreds of community members participate in the **Second Annual Starbucks sponsored East Bay Aids Walk**. It was a cold morning but armed with our free T-shirts and warm coffee provided by Starbucks we were set to tackle the 3.5 mile walk around Lake Merritt to help raise funds for 21 local HIV-service-providing organizations. Team Circle of Care, Melissa Anson, Kelly Erickson and Alinya Charron, raised over \$800. Melissa, our former Group Coordinator, managed to encourage a bit of healthy competition to see who could raise the most money and it worked. We managed to raise 3x the amount we did last year for Circle of Care! We would like to extend a huge thank you to all who participated in this walk and who were able to make donations. With your help we can continue to provide services to those children and families that are impacted by HIV & AIDS.



For more info please visit: <http://eastbayaidswalk.kintera.org>

Winter Calendar

December 2006

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 Loss Group	7 Loss Group	8	9
10	11	12	13 Living w/ Illness	14 Extended Fam. Loss	15	16
17	18	19	20 Holi-day Party	21 No Groups	22	23
24/31	25	26	27	28	29	30

January 2007

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10 Loss Group	11 Loss Group	12	13
14	15	16	17 Living w/ Illness	18 Extended Fam. Loss	19	20
21	22	23	24 Loss Group	25 Loss Group	26	27
28	29	30	31 Living w/ Illness			

February 2007

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Extended Fam. Loss	2	3
4	5	6	7 Loss Group	8 Loss Group	9	10
11	12	13	14 Living w/ Illness	15 Extended Fam. Loss	16	17
18	19	20	21 Loss Group	22 Loss Group	23	24
25	26	27	28 Living w/ Illness			

Support Group Schedule

All groups meet from 6:30 to 8:00pm. Families need to be pre-registered to attend a support group. Questions? Call Laura at 531-7551 x 195

- ♥ **Wednesday Living with Illness:**
December 13th, January 17th & 31st,
February 14th & 28th
- ♥ **Wednesday Living with Loss:**
December 6th, January 10th & 24th
February 7th & 21st
- ♥ **Thursday Living with Loss:**
December 7th, January 11th & 25th,
February 8th & 22nd
- ♥ **Thursday Extended Family Loss:**
December 14th, January 18th, Febru-
ary 1st & 15th
- ♥ **Teen Support at WCRC:** This
groups meets the second and
fourth Wednesday of every
month.

Winter Break Closings

In December our offices will be closed from 12/25/2006 thru 1/5/2007. Shaded boxes indicate our offices are closed.

No support groups will be held during that time.

If you are experiencing a crisis please call the crisis line at:

510-849-2212

Up-Coming Events

VOLUNTEER OPEN HOUSE

Are you interested in becoming a Support Group Facilitator?

For information about the Open House dates or how to apply contact Alinya Charron at 531-7551 x109 or email alinya@ebac.org

Our next Volunteer Training will take place in March 2007

Circle of Care

2540 Charleston Street
Oakland, CA 94602

voice: 510-531-7551 fax: 510-531-3657

Circle of Care assists children and families coping with grief and illness through support groups, counseling and school-based programs. We collaborate with Children's Hospital Oakland, Women's Cancer Resource Center and Alta Bates Comprehensive Cancer Center. We are one of the very few programs in the county devoted exclusively to the needs of children and their families who are dealing with grief in their lives. We are supported entirely by donations from the community, foundations and the families we serve.

Requesting Services:

If you or someone you know could benefit from individual counseling or group services, please call 510-531-7551. We will have a short telephone interview to get you started in our program.

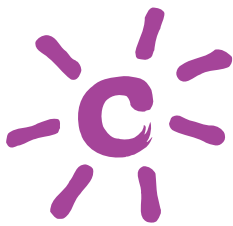
Our Staff:

Sara Marsh, Program Director, ext. 130
Harriet Hillyer Program Assistant & HIV Coordinator, ext. 165
Alinya Charron, Volunteer Coordinator, ext. 109
Nancy Landau, Clinical Program Coordinator, ext. 107
Laura Feren, Support Group Coordinator, ext. 195

Newsletter Editor: Alinya Charron, alinya@ebac.org



Circle of Care is proud to be a program of **East Bay Agency for Children (EBAC)**. EBAC improves health, offers hope, and provides opportunities to children and families. Our programs, located throughout Alameda County, prepare children to succeed in school; assist families through times of crisis; and provide therapeutic support to children who have suffered from abuse and/or neglect. Founded in 1952 by local parents, we have grown from a small program serving 18 children into a comprehensive regional agency making a lasting impact on more than 15,000 children and families every year.



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*We are very glad to get corrections
Dated material, Please deliver promptly*