



CHILD ABDUCTION T.I.P.S. NEWSLETTER

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FROM THE CHILD ABDUCTION TASK FORCE

Navigating Holidays for Families Affected by Child Abduction

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The holiday season is often considered a time of joy, celebration, and togetherness. However, for families affected by child abduction, this time can bring about a complex mix of emotions, particularly grief. The absence of a loved one can cast a shadow over festive moments, magnifying the sense of loss and amplifying feelings of despair.

Grief, especially during the holidays, can take a toll on mental health. Families grappling with the absence of a missing child often experience heightened sadness, anxiety, and a profound sense of emptiness. The traditions and gatherings that once brought happiness may now serve as stark reminders of the empty chair at the dinner table or the missing laughter that used to fill the room.

During this time, it's crucial for families to acknowledge their emotions and understand that grief manifests differently for each individual. Some may find solace in reminiscing about cherished memories, while others might feel overwhelmed by them. It's okay not to feel festive or joyful when struggling with such profound loss.

Support systems play a pivotal role in navigating this difficult period. Connecting with understanding friends, family, or support groups can provide a safe space to express emotions and share experiences. Seeking professional help from counselors or therapists specialized in grief and trauma can also offer valuable coping mechanisms and emotional support.

Self-care becomes crucial during this sensitive time. Engaging in activities that bring comfort and peace, such as practicing mindfulness, journaling, or participating in activities that honor the missing child's memory, can be immensely helpful. Additionally, setting realistic expectations for oneself and taking small steps towards healing can alleviate the overwhelming pressure associated with the holiday season.

It's important for society to recognize the unique struggles faced by families affected by child abduction, especially during festive periods. Creating a supportive environment that acknowledges their pain and offers compassion can make a significant difference in their journey towards healing.

While the holidays may amplify grief, it's essential to remember that healing is a gradual process. By honoring their feelings, seeking support, and practicing self-care, families can navigate this challenging time and gradually find moments of peace amidst the pain.

SAVE THE DATE

Child Abduction Simulation Exercise

March 6, 2024 • Irvine, CA

Remember Why You're Here

A podcast brought to you by CIR



Check out one of our episodes featuring the California Child Abduction Task Force Co-Chair, Erin Runnion. She is joined by Suzie Walsh, as they discuss the stories that ignite their paths to do the work they do. To listen please visit:

cirinc.org/podcast/

LISTEN NOW >

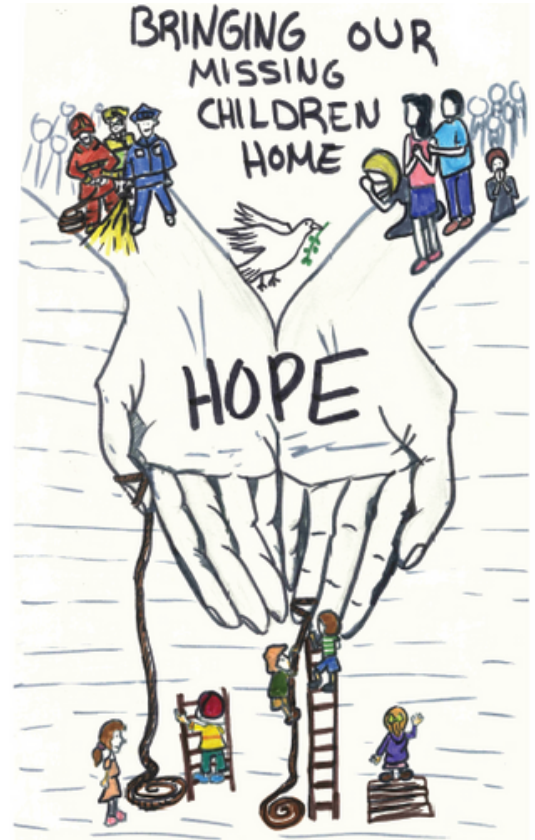
National Missing Children's Day Poster Contest

The National Missing Children's Day Poster Contest is a nationwide contest for 5th graders, designed to promote awareness among teachers, parents/guardians and children and engage them in discussion about safety.

California's deadline is **February 9, 2024** and they can be mailed to:

California Department of Justice
Missing Children Clearinghouse
ATTN: MUPS Kilgore Bldg.
4949 Broadway, Sacramento, CA 95820

Important information about the contest, including the application and consent and release for can be found by clicking the button below or by visiting: cirinc.org/file_download/860b1c93-d92b-41c7-91f8-e1237a734c09



LEARN MORE >

www.cirinc.org/abduction

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