

Practical Stuff Adults Can Do For Grieving Kids

Because children are more helpless in the world, adult support in the form of **resourcing and advocacy** is very important during their grieving process.

There are SIX important ways that adults can support grieving children. Children need:

1. To be given a **choice** to view the body and participate in the funeral.
2. Access to a peer support network (the isolation that can come with grief may be more painful than the loss itself).
3. To have their parents/caregivers supported through the loss (it may be difficult for a child to work through their grief in an unstable environment).
4. Advocacy and understanding at school (grief temporarily impairs many cognitive processes).
5. Earlier referrals to appropriate support (often we don't hear from the parent until the child is acting out or harming themselves).
6. To continue their relationship with the person that died through sharing memories. A simple question such as "What was ____ (the person that died) like?" can provide tremendous comfort because the bereaved may be reluctant to talk about the person that died with other grieving family members for fear of causing more pain.

Mission Statement

*Langley Hospice Society,
a community-based,
non-profit organization,
provides compassionate
support to help people
live with dignity and hope
while coping with grief
and the end of life.*



**Langley
Hospice Society**

20660—48 Avenue

Langley, BC V3A 3L6

Phone: 604-530-1115

Fax: 604-530-8851

Email: info@langleyhospice.com

Web: www.langleyhospice.com

Registered Charity Number:
11900 5353 RR0001

Our Privacy Policy

Langley Hospice Society is committed to protecting the privacy of its donors, members, volunteers, employees and other stakeholders. Your personal information is never shared with other organizations.



Langley
Hospice Society



Supporting
Grieving Children
and Teens

What is Grief?

Grief is a natural reaction to loss. It is the normal process that occurs after a person has experienced the death of a family member or friend. Children express grief and loss differently from teens and adults, and may have many different responses including: academic, behavioural, emotional, social and physical. The type of support that children receive during their bereavement can impact their health, social relationships and future success in school.



Why Attend a Support Group?

- To learn about grief and talk about feelings connected with grief and loss
- To meet other grieving children with similar issues and concerns
- To explore how to process grief through art, music and play



Who Should Attend?

Any child or teen who has experienced the loss of a family member or friend through death, or who currently has a friend or family member dying.

Program Overview

Continuum of Grief Support

- Education & support for caregivers of grieving children
- One-on-one support for children 4 - 18
- 8-week support groups for children 4 - 7, 8 - 12, and 13 - 18
- One-day camps for children 7 - 13
- Four-day retreat for children 8 - 13
- Leadership training for youth 14 - 21



Program Goals

- Providing safe, hands-on learning opportunities for children to express their feelings of grief
- Decreasing the isolation and loneliness children often feel following a loss
- Encouraging children to process their grief through a variety of friendship-building and grief-related activities
- Helping children strengthen resiliency skills needed to navigate future losses and life transitions

Our Guiding Principles

Every child is entitled to the opportunity to grieve in a supportive, informed and understanding environment. Open communication about death, grief and loss helps children to heal from loss. Children naturally process their grief through playful, creative activities. Grieving children need to have their questions and concerns addressed, even when unable to express them directly.

Topics Will Include:

- sharing stories
- talking about grief
- expressing grief through art and music
- learning about feelings
- sharing special memories
- commemorating a special life
- saying goodbye and celebrating our time together
- other topics proposed by the participants

To refer a child to this program, arrange for your child to attend, or for more information, call 604-530-1115.