

Resources for the Journey of Grief®



A Center for Grieving Children,
Adolescents and Their Families

Resources for the Journey of Grief is a series of twelve brochures that focuses on educating and supporting families and community professionals on the needs of grieving children and families.

The purpose of the brochures is to help parents, as well as teachers and other professionals who work with children, to be better equipped when interacting with grieving children.

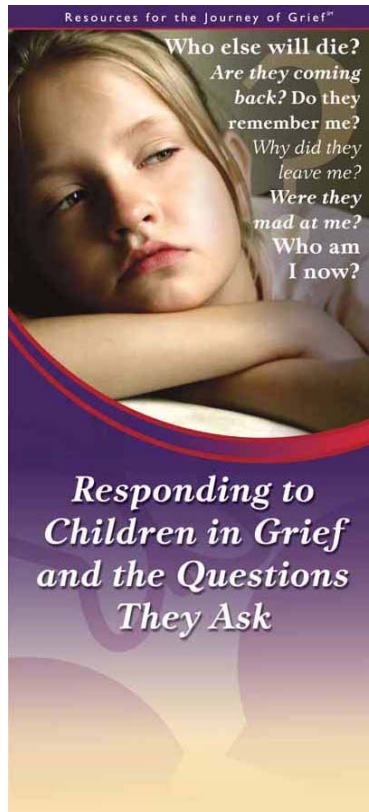
These user-friendly brochures, brief and easy-to-read, and available without cost, capture the essence of the issues and provide guidance in supporting a grieving child or adult.

See inside for descriptions of each of the brochures.

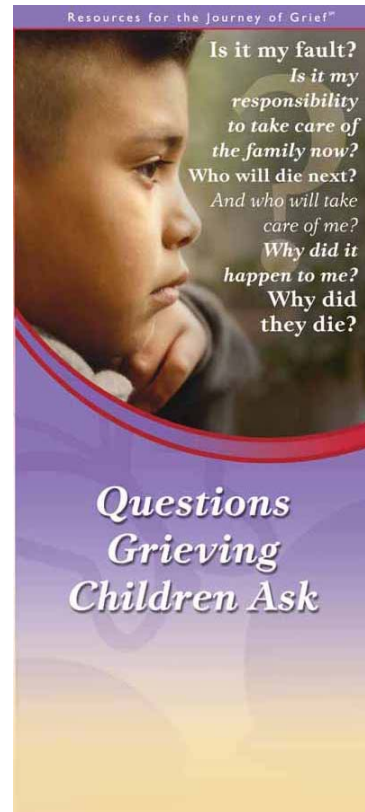


RESOURCES FOR THE JOURNEY OF GRIEF BROCHURES

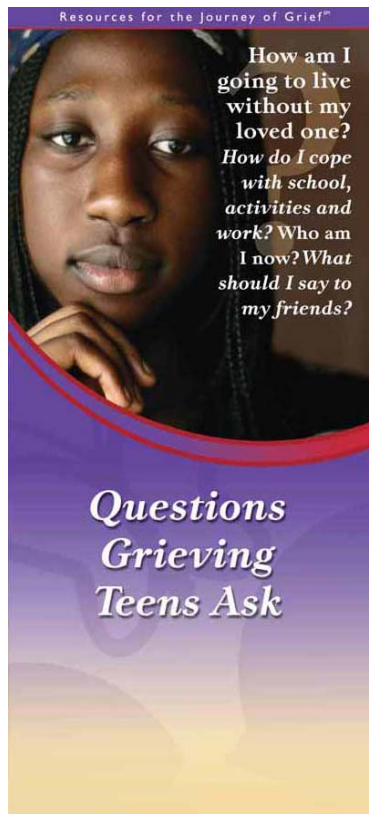
Available upon request at no cost



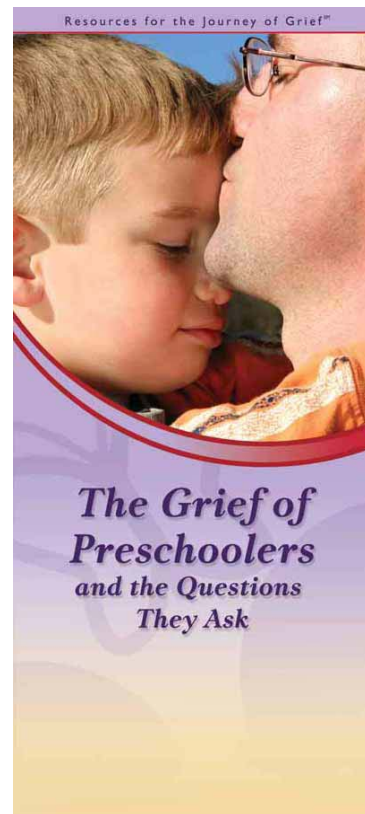
When a grieving child asks a question, ultimately the conversation that results—the connection made with the child—is more important than the answer. Learn here about connecting with, listening to, and validating a grieving child.



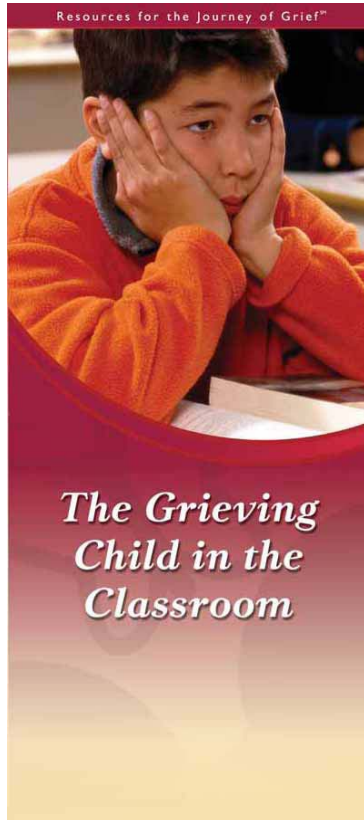
Grieving children are filled with questions, many of which are difficult to answer. Find out what lies behind some of the most common questions, what it is that the children are seeking, and how best to provide that.



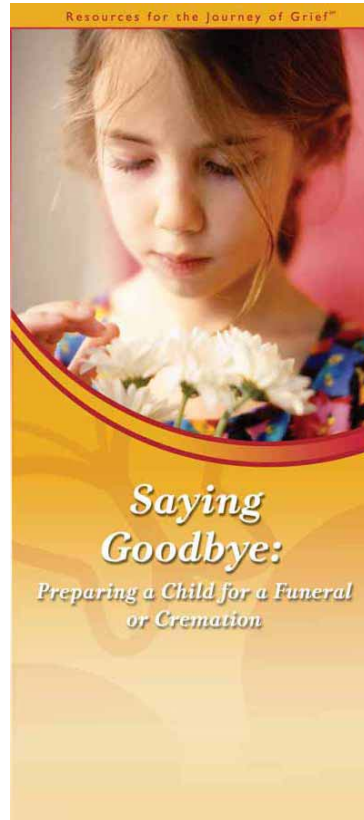
Teenagers are old enough to grasp more of the implications of death, and to feel their grief and their loss very profoundly. Their deepest questions revolve around their identity now that the person they love has died, where they fit in the family and in the world, and how to cope, with life, and with their own feelings.



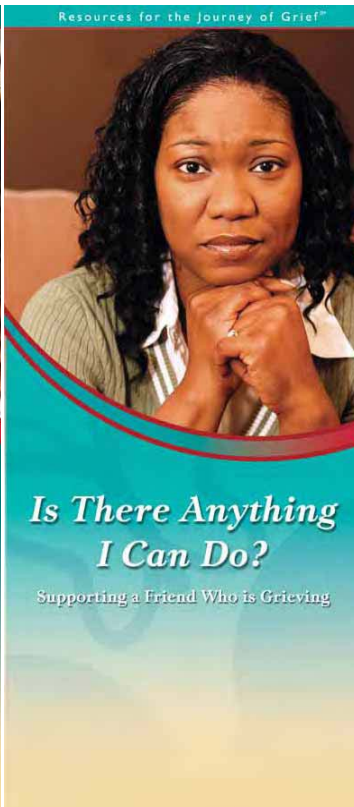
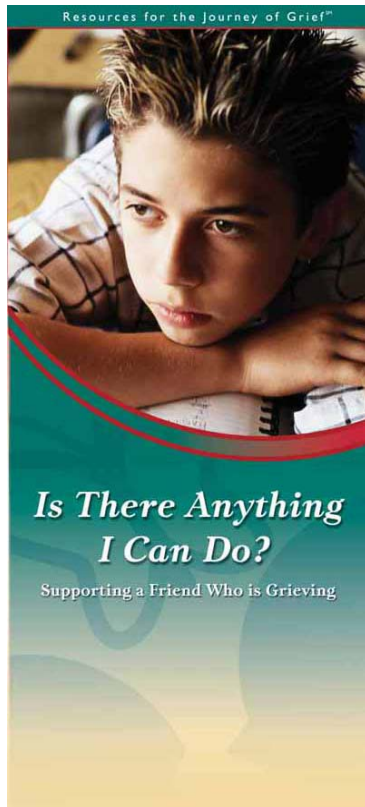
Young children grieve—anyone old enough to love is old enough to grieve. Although they may not have all the words to be able to express their feelings and questions, they're looking for safety and security. Find out more about the needs of preschoolers, as well as how their needs can be met.



How can a grieving child be supported at school? What can a teacher or principal do to understand and help the child? How can other students be prepared for the return of a grieving classmate? These and other issues are addressed in the *Grieving Child in the Classroom* brochure.

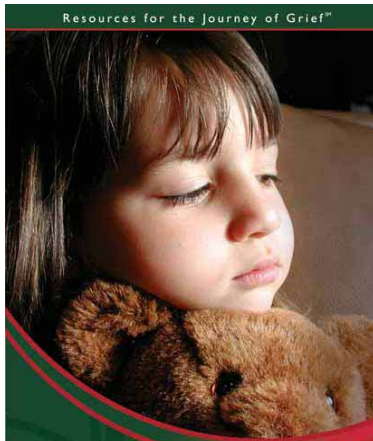


Saying goodbye is difficult, for children as well as adults. But it's hard to know what's best for a child after someone they love has died. Should a child attend a funeral or other ceremony? Should the child view the body? Are they old enough to understand? How can children participate in the funeral? How can they be prepared? See what experts think about questions like these.



When a friend has experienced the death of a loved one, how can we help them? These two brochures aim to provide answers to that question, with the first focused on teens, and the second one for adults. Both take a look at what a grieving person feels, what we can say, or avoid saying, and what we can do to help.


Resources for the Journey of Grief™



Coping With Grief at the Holidays

For those who have experienced the death of a family member, the holiday season often seems to intensify the already hard feelings of sadness and pain. Thoughts gathered from Caring Place families about coping with holidays are shared in this brochure.


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Caring For Yourself
As You Care For Your Grieving Child

In the midst of taking care of grieving children, a parent's own heart is broken. For a parent to care for himself or herself after the death of a loved one is a major struggle. Here are suggestions for ways of caring for oneself while also caring for a grieving child.


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Telling the Children
Talking with a Child When a Parent is Diagnosed with a Terminal Illness

When a parent is terminally ill, more than anything they want to make sure that their children will be OK. When, what and how to tell the children about the diagnosis and the approaching death are addressed here.

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Creating Connections
When a Parent is Diagnosed with a Terminal Illness

When faced with a terminal illness, there are many ways in which parents can create life-long connections with their child. Possible activities to share, including the use of journals and tape recorders, favorite songs, letters, cameras and just spending time together, are touched on here.

For these and other resources, contact:
www.highmarkcaringplace.com

CENTRAL PA
1-866-613-4673

ERIE
1-866-212-4673

PITTSBURGH
1-888-224-4673

WARRENDALE
1-888-734-4073