

GRIEF CARE FOR CHILDREN



Coping with grief can be a challenging process for children and teens.

Having help in navigating feelings of grief and loss can make a tremendous difference.

- Counseling offered to children and teens in a safe, secure environment, individually and in a group setting. Young people are encouraged to find a safe way to express their thoughts and feelings.
- Family Day events offer children, teens and their parents fun activities along with grief education and emotional support. Youth and parents both have an opportunity to meet others who have experienced a loss affecting their family.
- Week-long summer camps encourage children to express themselves through play, art, recreation and small group discussion. Paired with others close in age, youth have an opportunity to share experiences with peers who have also lost someone important in their lives.
- Services are generally free of charge.

**We can help. Call us directly.
We are a resource for you.**

BE SUPPORTED

Children express grief differently.

Children may not have the words to describe their feelings. They may instead show their feelings with an inability to focus, a physical restlessness, an increased need for attention or irritability and a lack of patience. They may have outbursts or act out. Teens may consider their life in a new way. They may be unsure of how to adjust to new roles, or they may question how long their life or the lives of those around them will be.

Together, we can help children who are grieving.

- Show the child love.
- Listen to how the child feels without judgment.
- Allow children to ask questions. It's okay not to know all the answers, or to say "I don't know."
- Be honest about what is happening.
- Use simple and clear language that is age-appropriate. Metaphors (like "He's gone home") can be confusing to a child.
- Talk about the person who has died. This shows young people it's okay to talk about it.
- Children may act younger than their age. Be patient.

Be Supported.

For more information about our children's grief care services, call 910-796-7991.

Because of our generous donors, these caring, no cost groups, camps and workshops are available to all. Your donation is always appreciated.



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