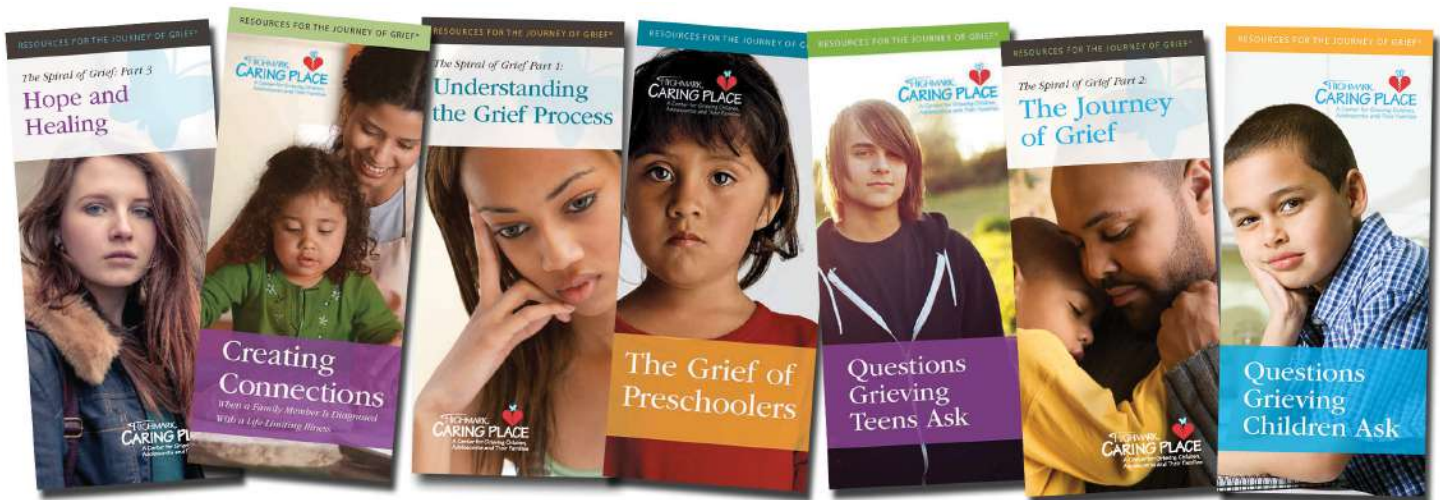
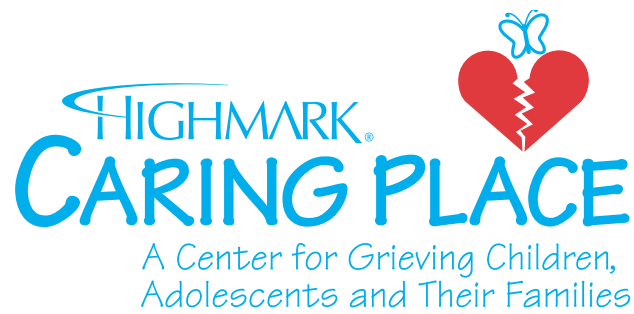


# RESOURCES FOR THE JOURNEY OF GRIEF® BROCHURES

Available upon request at no cost



*Resources for the Journey of Grief* is a series of informational 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.

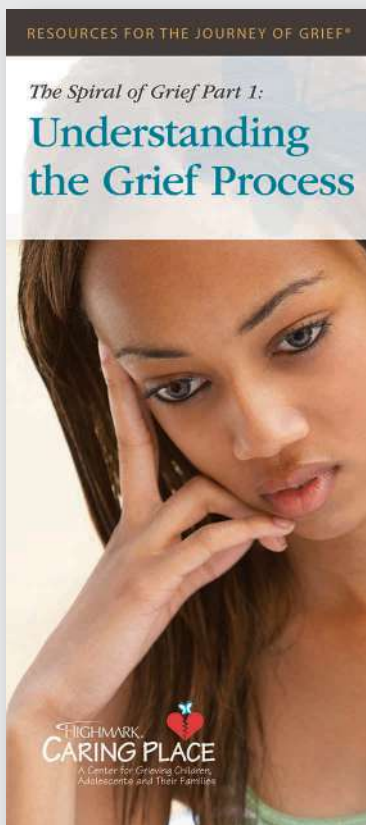
See inside for descriptions of each of the brochures.

# The Spiral of Grief

*"Once I began this process, I had no idea how I was going to proceed. It was like going blindly down a road that I had never been on before."*—**Shari, Caring Place**

What is grief about? What can I expect—for myself or for someone I know who is grieving? Does it ever get better?

Even though everyone's grief is unique, some patterns can be noticed. The insights and experiences of many children and adults shared over many years at the Caring Place are distilled in this set of three short brochures, providing an understanding of the feelings and experiences of the grief process, as well as reasons for hope that healing is possible.



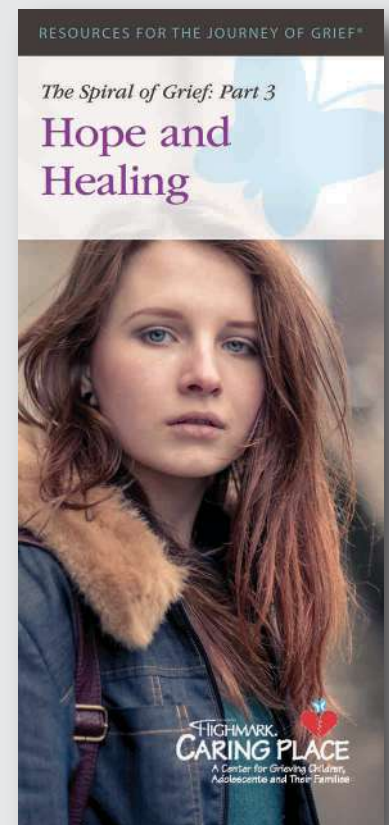
Grief is more than just sadness or missing the one we love, but what else is involved? What does grief look like? What does grief feel like?

Here is an overview of grief, from shock, anxiety and feeling alone, to an understanding that grief is the natural and normal response to a broken heart.



Grief is the process of discovering what it means to live without someone who has been woven into our lives.

These painful feelings can be productive, as they allow us to move toward healing and a reconnection to life. Feeling our feelings is a way of saying "yes" to ourselves.



As we travel our journey of grief, it's important to remember that hope and healing are possible.

This healing can be helped by sharing feelings and memories, especially with those who support us by listening to us and accepting us where we are.

*"Grief is love never, ever ready to say goodbye."*  
—Rabbi Dr. Earl Grollman

# Questions

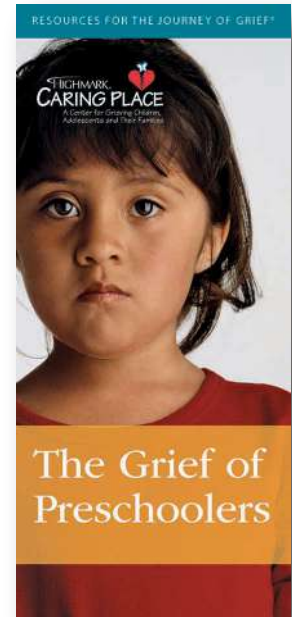
Grieving children are filled with questions, many of which are difficult to answer. What lies behind some of the most common questions, what is it that the children are seeking, and how can we best provide it?

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 about connecting with, listening to, and validating a grieving child.



**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.

# Preschool Children



**Young children** also grieve—in fact, 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.

# Grieving & School



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*.

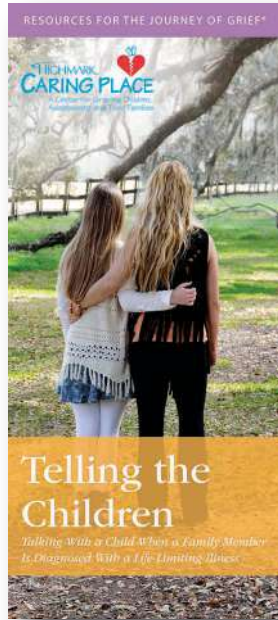
# Funerals



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 those who have been through the experience think about questions like these.

# Anticipatory Grief

When a family member is faced with a life-limiting illness, we all want to make sure that the children will be OK. When, what and how to tell the children about the diagnosis are addressed, as are some of the many ways in which life-long connections can be created with the children.



# Helping a Friend

When a friend has experienced the death of a loved one, how can we help them? This brochure aims to provide answers to that question, focusing on the needs of both teens and adults. It takes a look at what a grieving person feels, what we can say, or avoid saying, and what we can do to help.



# Taking Care of Yourself



In the midst of the chaos that is grief, especially when we're trying to care for others grieving around us, it's hard to even know what to do to take care of ourselves. Here are a number of suggestions for ways of caring for yourself as you grieve.

# Holiday Grieving



Holidays, and other special occasions like birthdays and anniversaries, often seem to intensify the already hard feelings of sadness and pain after a death. Thoughts gathered from Caring Place families about coping with special days are shared in this brochure.

For these and other resources, contact:  
[www.HighmarkCaringPlace.com](http://www.HighmarkCaringPlace.com)

**CENTRAL PA**  
1-866-613-4673

**ERIE**  
1-866-212-4673

**PITTSBURGH**  
1-888-224-4673

**WARRENDALE**  
1-888-734-4073