Shepherd's Cove
Grief Support

Our Heart Sets Us Apart

BEREAVEMENT SUPPORT

Mourner's Bill of Rights

- You have the right to experience your own unique grief.
- You have the right to talk about your grief.
- You have the right to feel a multitude of emotions.
- You have the right to be tolerant of your physical and emotional limits.
- You have the right to experience "grief bursts".
- You have the right to make use of rituals.
- You have the right to embrace your spirituality.
- You have the right to search for meaning.
- You have the right to treasure your memories.
- You have the right to move toward your grief and heal.

In this Issue:

2 Developmental Stages and Responses of Children and Teens to Death

3 The Grieving Child's Bill of Right's

4 Grief Support Groups

Grief Support Groups

Each person's grief reaction to the death of a loved one is unique and individualized. Shepherd's Cove Hospice provides a safe environment for expression and resolution of grief.

All Grief Support Groups at Shepherd's Cove Hospice are offered as a community service to those who have suffered a loss and are FREE to anyone in our service area, even those who have not had a family member under our care.

Some topics addressed in the group setting include: Feelings of Grief, Coping with Change, Remembrance, Identifying Support Systems and How to Cope with Anger and Guilt Related to the Death of a Loved One.

PRE-REGISTRATION IS REQUIRED.

Contact the Bereavement Department of Shepherd's Cove Hospice or Stacey Johnson, LBSW, directly at *sjohnson@shepherdscove.org* or by phone at 256-891-7724 or toll free 1-888-334-9336.

GRIEF SUPPORT GROUPS FOR ADULTS
Services for adults. For your convenience the groups may be offered both in the mornings and evenings.

GRIEF SUPPORT FOR KIDS
Services designed for children ages 4-11.

GRIEF SUPPORT FOR TEENS
Services designed for youth ages 12-18.

HOLIDAY SUPPORT GROUP
Designed to help the bereaved cope with the holiday season. Meeting date to be announced.

FAMILY GRIEF SUPPORT SERVICES
Available by appointment only.

INDIVIDUAL GRIEF SUPPORT
Available by appointment only.

BEREAVEMENT EDUCATION & TRAINING
Includes "Grief In The Workplace". Available for church groups, clubs, businesses, and other organizations upon request.

SCHOOL BEREAVEMENT SERVICES
Services provided to school age children in the school setting. Referrals must be made by school personnel.

CAMP HOPE
Services provided to school age children 5-19 in partnership with Chalakee Ranch.

PHONE SUPPORT SERVICES
Call to inquire.

Developmental Stages and Responses of Children and Teens to Death

From The Dougy Center, The National Center for Grieving Children and Families
help@dougy.org, 1-866-775-5683

Give the gift of presence to a bereaved child.

Infant to 2 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• General distress and confusion	• Consistency and nurturing
• Insecurity and withdrawal	• Security and assurances
• Protesting and resisting	• Boundaries for safety
• Sleeplessness, agitation	• Physical comforting
• Ignorance of death's reality	• Listening, not correcting
• Acting out	• Offer safe ways to express grief
• Regressive behaviors(baby-like)	• Nurture

2 to 5 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Confusion	• Simple, repeated explanations
• Repeated questions	• Truth and "I don't know"
• Agitations and nightmares	• Nurturing assurances, offer ways to deal with anger
• Regressive behaviors (thumb sucking)	• Acceptance
• Insecurity, fear, anxiety	• Physical comforting
• Traumatized by profound event	• Acknowledge feelings, events
• May seem unaffected; plays	• Provide toys, books, play with child
• Believe death is reversible	• Death equals no body function

Be a model mourner. Share age appropriate feelings, but be careful to not place burden on the bereaved child.

Help a grieving child make a memory book or box.

5 to 8 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Curiosity about the death	• Truth about cause, circumstance
• Regressive behavior (bed wetting)	• Acceptance and assurance
• Recognize finality of death	• Reassurance of your love
• Confused thinking	• Assurance, explanations, plans
• Interest in death rituals	• Give choices to participate
• Act as if no death occurred	• Child grieves through play
• Increased physical activity	• Maintain safe boundaries
• Verbal expressions of emotions	• Listen and acknowledge

"… grieving may be the hardest work you have ever done, and hard work is less burdensome when others lend a hand."
—Dr. Alan Wolfelt

Developmental Stages and Responses of Children and Teens to Death

From The Dougy Center, The National Center for Grieving Children and Families
help@dougy.org, 1-866-775-5683

Incorporate a new family ritual.

8 to 12 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Shock, denial, anxiety	• Listen, accept, reassure
• Anger and frustration at the deceased	• Acknowledge, reflect, accept
• Curious about biology of death	• Seek information with the child
• Conformity to peers	• Build self-esteem
• Argumentative or combative	• Listen, avoid power struggles
• Aggression, more active	• Offer safe ways to express grief
• Regressive behaviors (clinging)	• Acceptance and assurance
• Sleep disturbances	• If prolonged, seek help

13 Years to Adult

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Conformity to peers	• Build self– esteem
• Non communicative	• Share grief, respect privacy
• Conflict with adults	• Listen, avoid power struggles
• Questioning life's meaning	• Attentive, support searching
• Insecurity about future	• Short-term goals
• Questioning belief system	• Listen without argument
• Criticize or idealize deceased	• Acknowledge
• Academic difficulty, regressive behavior	• Redefine expectations, assurance and acceptance

Listen to music with your teen. Their choice.

"The ones you love are always in your heart."

The Grieving Child's Bill of Rights

From *Healing A Child's Grieving Heart: 100 Practical Ideas for Families, Friends, & Caregivers* by Alan Wolfelt, Ph.D., Center for Loss & Transition

1. I have the right to my own unique feelings about the death.
2. I have the right to talk about my grief whenever I feel like talking.
3. I have the right to show my feelings of grief in my own way and time.
4. I have the right to need other people to help me with my grief.
5. I have the right to get upset about normal, everyday problems.
6. I have the right to have unplanned "grief outbursts".
7. I have the right to use my spiritual beliefs to help me with my grief.
8. I have the right to try to figure out why the person died.
9. I have the right to think and talk about my memories of the person who died.
10. I have the right to move toward and feel my grief, and over time, to heal.

Do something "old fashioned" together.

Shepherd's Cove
Grief Support

Our Heart Sets Us Apart

We're here for YOU!

You can call us anytime at 256-891-7724 to discuss your needs.

You are not alone!

It is the mission of Shepherd's Cove Hospice, a non-profit agency, to provide, with a servant's heart, exceptional individualized care for those coping with end-of-life issues.

Information in this packet is from the **Center For Loss & Life Transition.** Visit ***www.centerforloss.com*** to find helpful books and tools for coping with grief. Email ***info@centerforloss.com*** **or call (970) 226-6050.**

CONNECT WITH US!

BLOG

ATTENTION: If you do not speak English, language assistance services are available free of charge. Call 256-891-7724.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 256.891.7724.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 256.891.7724 번으로 전화해 주십시오.

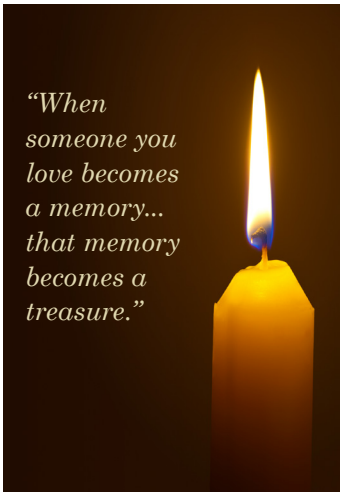
When Someone You Love has Died

You may be saying to yourself and others, "How can I get through this? It hurts so bad. No one understands". Well, I have words of encouragement for you. You do not have to cope with the loss of your loved one alone. Shepherd's Cove Hospice (SCH) offers FREE grief support services to both children and adults. SCH desires to companion you on your grief journey by providing a variety of grief support opportunities to you or someone you know who has experienced the death of a significant person.

Knowledge is power and understanding yourself as you grieve will be very helpful for you in the days that lie ahead. Understanding that grief and mourning are not the same is very important. Grief is what you think and feel inside when someone you love dies. Mourning means letting those thoughts and feelings come outside. Some say it's grief gone public.

Because we recognize before you can move forward you must first move into your pain and mourn the loss that has occurred, below is a list of suggestions to assist you in your mourning:

- Plan or participate in a meaningful ceremony for the person who died;
- Write a letter;
- Express your faith;
- Keep a journal;
- Reach out to others for help;
- Understand that grief doesn't proceed in orderly predictable stages;
- Share your story of loss as much or as little as you like;
- Listen to music;
- Pray;
- Set aside special time to mourn daily; and
- Talk out loud to the person that died.



Tips to Care for Yourself when Dealing with Loss

- Drink lots of water.
- Rest. Embrace your fatigue and understand when you are tired your body is telling you it needs rest. Lie down for short rest periods throughout the day. Take an afternoon nap if you feel like it.
- Take the phone off the hook. Unplug the computer.
- Reach out to others for help. Seek out what works for you. Attend a support group. Schedule time with a trusting friend or counselor.
- Exercise. Take a 20 minute walk every day. Exercise allows for more energy and it can give you focused thinking.
- Eat balanced meals.