

## Questions Grieving Teens Ask . . .

### Will I ever be okay again?

Someone you care about has died. After a death, many teens feel alone with their loss and wonder how they will fit in with their family, their friends and the world around them. It sometimes might feel like no one knows or understands what you are going through. Joining a support group is one way to begin healing from your loss. It may surprise you to learn that there are many teens in your community who are grieving a very personal loss just like you.

### Will my friends at school treat me differently? What should I say to them?

You may be wondering how to tell people at school about your loss. Perhaps you feel you will be misunderstood and that even good friends won't know what to say or do. Sharing your story or talking about your feelings with people who understand can help ease anxiety about this, by equipping you with responses when you're asked questions about the death, or about why you've missed school.

### How do I cope with everyday life (school, activities, work, etc)?

Grief takes a lot of energy. Many teens often feel overwhelmed by the many expectations on them to keep up their grades, stay involved in activities or maintain a job, etc. Look at the scope of all of your activities and see if there is any way you can cut back some of them temporarily. Share your story with others, join a support group or ask for help and support from your teachers, coaches or employers.

# CHILLIWACK HOSPICE SOCIETY

## *Mission Statement*

*Chilliwack Hospice Society is a community based Volunteer organization which accepts death as a part of life. We support individuals and families during the dying and grieving process.*

## *Our Values*

- 1. We believe that every person has worth and a right to be treated with gentleness and respect.*
- 2. We believe that every person has the potential to experience hope, wonder and joy.*
- 3. We believe that diversity and inclusiveness are vital to the strength of our organization.*
- 4. We believe that the strength of relationships in our organization is based on trust and open communication.*



*Also funded by Chilliwack Bingo*



## COMPASSIONATE HEARTS Teen Grief Support Group



### **Chilliwack Hospice Society**

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*Registered Charity #867303232RR0001*

## 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. When teens experience the death of someone close to them, they often feel isolated, confused, sad and angry. They speak of feeling out of sync with their peers and at times have difficulty concentrating on their school work.

## WHAT AND WHERE?

The Chilliwack Hospice Society offers an eight week grief support group for teens ages 13-19 years old. The group takes place once a week, from 4:00-5:30 pm at the Chilliwack Hospice Society's "Rotary Hospice Centre" at 45360 Hodgins Avenue. This program is free of charge, non-denominational and confidential.

## WHO SHOULD ATTEND?

Any teen, ages 13-19, who has experienced the loss of a family member or friend through death or other circumstances; or who currently has a friend or family member dying.

## WHY ATTEND A GRIEF SUPPORT GROUP?

- To learn about grief and talk about your experiences of grief and loss.
- To meet other grieving teens with similar issues and concerns
- To learn about the tools that can help you work through the pain.

*"I learned "that it is okay to grieve and that everyone is unique in how they deal with a death . . . and that what I'm going through is normal."*

~ Brenda

## PROGRAM OVERVIEW

### Program Goals

- To provide a safe, supportive atmosphere for teens as they explore the many facets of their grief.
- To promote the teen's active involvement in the grief process, making it a learning experience and a catalyst for growth.

### Program Objectives

- To provide appropriate information about the process of grief and how it affects one's life.
- To encourage teens to explore with other group members, as well as the group facilitators, any particular grief related issues impacting their lives.
- To help teens address pertinent aspects of grief through specific structured activities.
- To assist teens in examining their current support system and discuss how to expand it, if needed.



*"I learned "how to express grief in a comfortable way among peers."*

~ Alex

## WHAT DO WE DO?

- Talk about the ways in which feelings of grief and loss can impact your life.
- Explore why self care and support are important aspects of healthy grief.
- Learn how to express feelings of grief through a variety of hands-on activities.
- Share special photographs or memories about the person who died.
- Discuss books and resources that are helpful for grieving teens.

## TOPICS WILL INCLUDE:

- Talking about grief: What is it and how does it feel?
- Coping with changes
- Learning to express grief through art
- Exploring unfinished business
- Taking care of yourself
- Expanding your support system
- Commemorating a special life
- Other topics proposed by the participants

**For more information about when the next group begins or to register, call 604-795-4660**

*"Thank you for help teaching me to cope with my loss. THANKS!"*

~ JR