

"Young people who experience a death often exhibit difficulties with trust and intimacy, depression, fear of betrayal/change, anxiety and panic attacks, substance abuse, addictions and eating disorders throughout their lives."

(Wolfelt, 2015)

"Inadequate and unrealistic communication about death was the most significant factor in children who were having difficulty working through their grief."

(K. Siegel, F. Meagno, G. Christ, 1990)



Grief "shows up" as physical ailments (tummy aches, ear aches, headaches) aggression, outbursts, hiding under desks and tables, withdrawing, etc. School communities, individual students, and academic performance are negatively impacted.

Yes, I am interested!

Contact Us

505-323-0478

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Children's Grief Center

3001 Trellis Dr. NW

Albuquerque, NM 87107

Who We Are

The Children's Grief Center of New Mexico (CGC) has been providing peer support for bereaved youth in central New Mexico since 2001.

The majority of our referrals come from school counselors, typically because a student was referred to them after changes in their behavior (being bullied, becoming withdrawn, hiding under desks, declining grades, attendance, hygiene) were observed and reported.

What We Do

The Children's Grief Center specializes in peer support groups for bereaved young people. During the school year we offer services at our North Valley headquarters in Albuquerque, and at a satellite location in Rio Rancho. During the summer we offer a variety of short-term services, including Camp Corazon, a three-day two-night adventure for ages seven to seniors in high school. All of these services are open, ongoing and free.

www.childrensgrief.com

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Supporting The Bereaved Student



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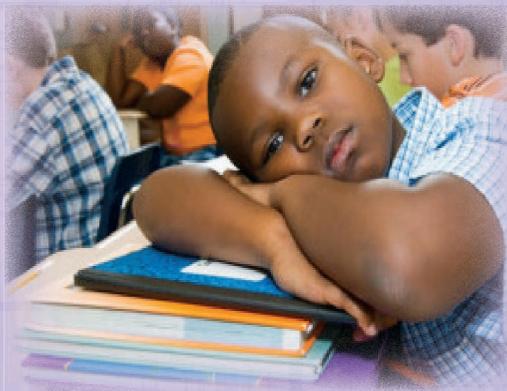
How Does Your School Community Respond When...

- A student experiences the death of a family member or friend?
- A teacher or faculty member dies?
- A student dies suddenly, tragically or from an illness?

Supporting the Bereaved Student Workshop

In this workshop you will:

- Understand how children grieve differently from adults.
- Learn to recognize some of the common pitfalls to which bereaved youth are vulnerable, i.e. physical ailments, substance abuse, depression, increased tardiness and absences, poor school performance, anxiety disorders.
- Identify some of the key differences between bereaved youth at different developmental stages. Distinguish between elementary, middle, and high school-aged students, to create effective interventions.
- Understand our typical cultural responses to grief (i.e. fear of explicitly discussing the death and obscuring the facts with euphemisms, offering platitudes, ignoring the death) are not helpful. Learn how to replace typical responses with more helpful responses and compassionate companionship.
- Learn to utilize a Grief Kit tailored to your school environment with age-appropriate materials including books, DVDs, and resources to create teaching modules.
- Explore strategies compatible with the learning demands set out in core curriculum standards for language arts.
- Design action plans to improve school performance, reduce behavior referrals, and improve school attendance.
- Explore ideas to support bereaved parents and caregivers so they may better understand and support their grieving student at home.



Methods & Materials

- Participants enroll in a 2.5 hour workshop by grade level (Elementary, Middle or High School).
- Participants will leave with references and concrete resources to strengthen their work with bereaved students, including ways to overcome barriers and create authentic outcomes.
- Qualifying candidates may apply for 2 CEUs. *Cost: \$400 per in-service*



GRIEF KIT - emotional first aid for bereaved students and their families

The Grief Kit, a sturdy book bag with introduction and instructions for use, contains materials for a student's self-discovery of resilience, hope and understanding of the process and the tasks of grief. It also provides motivations for problem solving, peer support strategies, and interactive skill building activities based on common core standards. Grief Kits are available for elementary, middle or high school levels. *Cost: \$200 per kit*