

## *Grief and Loss*

It is important to understand how children mourn~

\* Grief responses can be acute or subtle and hard to observe. Grief responses that children display are different than those of adults.

\* Children's grief tends to be sporadic. They are likely to move "in and out" of their grief. Sometimes they may readily engage in fun activities and other times may exhibit sadness, anger, and fear. Adults may misinterpret these grief bursts as attention-seeking or insincere.

\* Grief issues may re-emerge at later developmental stages. Acute grief reactions may suddenly appear around the anniversary of a loss, or other significant events or holidays.

\* Grieving is more complicated after a sudden or traumatic loss.

Behaviors you might observe:

- Acting out behaviors
- Agitation
- Withdrawal
- Physical complaints/fatigue
- Regression to younger behaviors
- Separation problems/ clinging
- Poor concentration
- Inconsistent school performance
- Decreased work production



### *The Center for Life and Loss Transition*

This is an excellent resource packed with articles and practical advice related to helping yourself heal after a death of a loved one, how to help a friend who has experienced a recent loss, the "6 needs of mourners", and the importance of funeral rituals. [www.centerforloss.com](http://www.centerforloss.com)

### *Chippewa Valley Grief Support Groups*

There are also ongoing local grief support groups that meet regularly at St. Joseph's Hospital in Chippewa Falls. The support groups are sponsored by the Chippewa County Grief Support Team, a group made up of local nurses, funeral directors, clergy, hospice workers, and other area professionals who are devoted to the health and well-being of our community members.

Meetings are held from 6:30 pm - 8:30 pm on the second and fourth Mondays of each month. Join us at:

#### **St. Joseph's Hospital**

St. Clare Conference Room

First Floor

### *CHRIS Counseling Center (CCC)*

Ranks in the top 7% of mental health providers in the state of Georgia. The goal of all services is to promote healing, improve functioning and unlock potential. The CCC has a convenient, in-town location that is close to public transit, and provides free parking. There is a peaceful, comfortable waiting room for adults and a separate waiting room for kids. Rocking chairs line the porch of the CCC and provide a relaxing atmosphere. The CCC helps adults, adolescents and children find solutions. <http://www.chriskids.org>

### *Marriage & Family Health Services- Grief Counseling*

Clinicians possess considerable training and experience in assisting people who are grieving, both in the anticipated process following an important loss and in cases in which the grieving is unusually prolonged, problematic, or otherwise complicated. [http://www.marriageandfamilyhealthservices.com/contact\\_us.html](http://www.marriageandfamilyhealthservices.com/contact_us.html)