

Helping Children Deal with Loss

Educational Study Group

For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses

There are many **Myths** about dealing with sad emotions that confuse children:
*Time heals all wounds... Replace the loss... Cry alone...Be strong for others...Bury
your feelings...Don't feel bad, have a cookie, you'll feel better...*

In this program you will learn how to replace these myths
with practical guidance for your children.

In the Meantime:

- **Listen with your heart, not your head.** Allow all emotions to be expressed, without judgment, criticism, or analysis.
- **Recognize that grief is emotional, not intellectual.** Avoid the trap of asking your child what is wrong, for he or she will automatically say, "Nothing."
- **Adults – Go first.** Telling the truth about your own grief will make your child feel safe in opening up about his or her own feelings.
- **Remember that each of your children is unique and each has a unique relationship to the loss event.**
- **Be patient.** Don't force your child to talk.
- **Never Say "Don't feel sad" or "Don't feel scared."** Sadness and fear, the two most common feelings attached to loss of any kind, are essential to being human.

To learn when the next program will be conducted, please call
Diane Sardanopoli, LPC – Christian Counselor & Certified Grief Recovery[®] Specialist
(201) 873-6496 /dsardanopoli@gmail.com/ www.streamsoflivingwater.net

The program is affiliated with and endorsed by The Grief Recovery Institute. This format has been developed by Russell P. Friedman, Executive Director, and John W. James, Founder of the Grief Recovery Institute, and uses their book **When Children Grieve – For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses**. James and Friedman are also co-authors of **The Grief Recovery Handbook—The Action Program for Moving Beyond Death, Divorce and Other Losses**. The fee for the seven week program is \$500.

Grief Recovery[®] is a registered trademark of the Grief Recovery Institute.