Welcome!
We will begin at 7:00pm EST / 4:00pm PST.

Thank you to the Peter DeGeorge Family Foundation for making our gathering possible!
Mission Statement

To provide comfort, hope and healing to children and families affected by grief and addiction.
You don’t have to be tough or strong all the time.

Grief has no time limit.

~ Camper, age 12
Common Physical Responses to Grief

- Back, neck and muscle pain
- Stomach upset
- Weight loss/gain
- Feeling of weakness
- Feelings of emptiness or heaviness
- Restlessness, nervous, wired
- Headaches
- Chills, sweats, cold hands
- Chest pain/tightness
- Dry mouth
- Startle Response
Common *Emotional* Responses to Grief

- Shock, emotional numbness
- Helplessness, feeling out of control
- Peace, calm
- Heightened awareness
- Emotional rollercoaster
- Sadness, sorrow, despair
- Overwhelmed
- Relief
- Self-reproach, guilt, regret, responsibility
- Apathy, lack of pleasure
- Anger, irritability
- Mood swings
- Yearning, pining
- Agitation
Common **Cognitive & Spiritual** Responses to Grief

- Disbelief
- Denial, not really gone, mistake
- Confusion, disorientation
- Need to make sense/why?
- Memory/concentration problems
- Lower self-esteem
- Feelings of meaningless
- Assumptive world changes
- Difficulty with decision making
- Questioning previously held spiritual beliefs
- Idealization of deceased
- Absent-mindedness
- Ruminating on the death
- Sense of unreality
Common Behavioral Responses to Grief

- Sleep disturbance
- Sighing, crying, weepiness
- Social withdrawal
- Increased use of alcohol/drugs
- Increase/decrease in appetite
- Carrying special objects of the deceased
- Telling story over and over
- Change in sexual desire
- Searching for deceased

- Visiting places linked with deceased
- Difficulty with separations
- Avoidance of reminders of loss
Our Responses to Grief
Self-Care Is Important

- Mindfulness
- Creative expression
- Movement
- Journaling

- Make a memory bowl
- Support grief triggers
- Create a safe place
Children’s Grief

• Children have many of the same physical, emotional, cognitive, and behavioral responses as adults, however there are significant differences.

• As children grow and develop, the way they experience, understand and interact with the world changes as well. We see grief responses varying dramatically depending on developmental age.
Losses *Kids & Teens*

- Friendships
- Regular socializing with peers outside of home
- Major support people (teachers, counselors, coaches)
- Connections with grandparents and other relatives
- Routine, structure, predictability in day and life
- Important activities (camps, sports teams, afterschool programs)
- Changing responsibilities at home
- Loss of rites of passage (graduations, dances, etc.)
- Loss of important holidays and traditions
Supporting Your Family
Supporting Your Family

- Take good care of yourself
- Model and label emotions
- Provide outlets for feelings
Supporting Your Family

- Talk about and honor the person who died
- Answer all questions as honestly as you can
Supporting Your Family

- Check-in regularly
- Set aside time to do things together as a family
- Respect their need for space and encourage connection
Supporting Your Family

Maintain Structure

• Establish a regular routine
• Keep consistent family rules and expectations
• Offer choice and control within structure
Navigating Grief *As a Family*

- Grief During Covid
- Art and Feeling Activities
- Mindfulness Practices
- Create an Altar or Special Box
Children’s Grief

Sometimes there is a reason for concern – You are not alone

Reaching out for help:

• Your local Camp Erin team
• Eluna Resource Center
  • Search resource center by zip code
• Suicide Prevention Line: 1-800-584-3578
• Crisis Connections: 1-866-427-4747
• Teen Link- 866-833-6546 or TeenLink.org
• TXT 4 Help: Nationwide, 24-hour, text-for-support for youth in crisis
• National Alliance for Grieving Children
• What’s Your Grief, HealGrief.org, Dinner Party
THANK YOU

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