

How can Child and Youth Bereavement Groups be helpful?

The death of a brother or sister during childhood has been described as life altering and traumatic. This is partly related to the nature of the relationship, but also because their understanding of the death is influenced by their stage of development. For these reasons, children and youth are at risk for more complicated responses to this type of loss.

The groups are designed to help with the progress of healthymourning and to develop a better understanding of common grief reactions. The groups are also meant to address factors that may affect a child's emotional and social development.



What is Bereavement Group Therapy?

Group therapy is an opportunity for children to grieve together in a safe and caring environment. The groups are lead by a clinical psychologist and a paediatric health professional who will offer strategies for promoting healthy psychological adjustment.



What will we do?

- Learn about common grief reactions for children and youth
- Meet and talk with others who have experienced a similar loss
- Learn coping and stress reduction strategies
- Participate in therapeutic activities
- Honour the memory of your loved one while learning to live on

Your children – and your family – may develop a greater sense of normalcy, and learn to understand grief and the processes of mourning while remembering the loved one

If you, or someone you know, could benefit from this service, please complete the enclosed card and return in the postage paid envelope provided. We will then contact you by phone to gather and provide you with more details

Group Size: Up to 10
Ages: 5 – 17 years
(age appropriate groupings)
No. Sessions: 10
Place: Children's Hospital
London Health Sciences Centre
Cost: Free



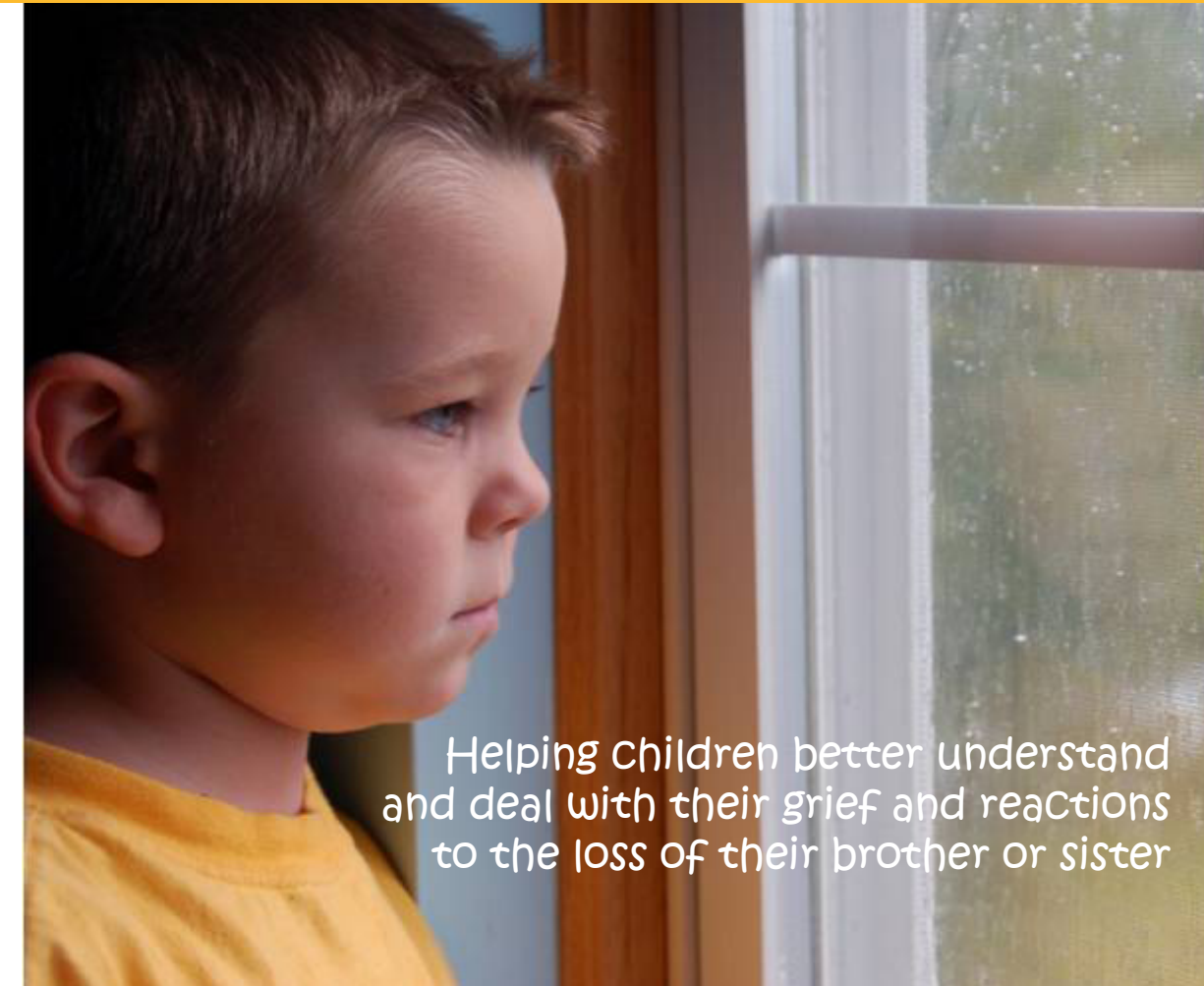
FOR MORE INFORMATION, PLEASE CALL PSYCHOLOGY SERVICES AT 519.685.8144, OR EMAIL CYBG@LHSC.ON.CA OR VISIT WWW.CHWO.ORG UNDER PROGRAMS AND SERVICES, PSYCHOLOGY



...what has it been like
for other children ?



The Child and Youth Bereavement Groups are
generously sponsored by:



Helping children better understand
and deal with their grief and reactions
to the loss of their brother or sister