

CT Grief and Loss Resources

- **Adam's House, Shelton** (203) 513-2808: grief education and peer support; "We support children struggling with any type loss- parent, grandparent, sibling, aunt/uncle or friend. All programs are offered at NO-COST to participating families."
- **Healing Hearts Center, Danbury** (203) 303-9409 Support for adults and children of all ages
- **Center for Hope, Darien** (203) 655-4693 Grief support groups adults and children, Their **Den for Grieving Kids** programs are specifically for children,
- **The Cove Center for Grieving Children, Meriden**: Resources and support. Offering some virtual programs in Fall 2020.

General Resources on Grief and Loss

- **The Dougy Center** provides support to children, teens, young adults and families grieving the loss of a friend or family member; Help for Kids and Help for Teens, including: How to Help a Grieving Teen
- **Child Mind Institute**: Helping Children Cope With Grief; toolkit for parents including talking about grief and loss at different ages.
- Chicago Tribune: **Helping Your Child Comfort a Grieving Pal** "I love the idea of framing it as a family value that you decide upon and live by. We show up. We help. We listen. We push aside our own awkward feelings, because our own awkward feelings aren't the point."
- **What's Your Grief?** Extensive resources about grief for people of all ages and all situations.
- **Building Emotional Intelligence in Children: Talking About Sadness, Loss and Grief**: Some guidance from **Hey Sigmund**: "The temptation can be to push your sadness away, pretend it doesn't exist, or cover it up with another feeling, such as anger. The problem is that none of that makes the feeling go away, and can sometimes make you feel worse for longer."
- **The American Academy of Child and Adolescent Psychiatry** has a very brief brochure for families on how children may experience grief. Find it **HERE**

Talking About Tragedy and Trauma

- **HERE** is a helpful article from **Child Mind Institute** with guidelines for discussing frightening news with children.
- The **National Association for School Psychologists** guide: **How to Help Children With Special Needs Cope With Traumatic Events**. This guide includes specific strategies for children with Autism; Cognitive Limitations; Learning Disabilities; Visual, Hearing or Physical Limitations; and Emotional or Behavioral Disorders. Find it **HERE**
- **How to Talk to Kids and Teens About World Trauma** from **Hey Sigmund**