

Griefworks BC

A partnership between Children's & Women's Health Centre of British Columbia and Canuck Place Children's Hospice

Handout Series: Learning About Grief from Simple to Complicated

Title	Description
After Your Baby's Death	1 or 2-page formatted handouts for posting on your agency's intranet or printing in hard copy.
Another Baby...Maybe	Information for women/couples as they make decisions.
Getting Through Grief After Your Baby's Death	Working through grief after a pregnancy or infant death.
Searching for the Medical Cause	Describes ectopic pregnancy, stillbirth, infant death, miscarriage.
Stillborn	A poem.
The Grieving Couple	Differences in feminine and masculine grief.
Complicated and Traumatic Loss	
For Survivors of Murder (For Adults)	Helping adults understand the effects of this trauma.
Helping a Traumatized Child (For Adults)	Explains aspects of trauma in children and ideas on how to help.
When A Young Child's Parents Die or Disappear	Explains aspects of this specific trauma and ideas on how to help.
When Loss is Complicated by a Traumatic Event	A general definition of trauma in loss.
When Grief Becomes Complicated	Ideas on how to work through grief when there is also trauma.
When Someone Completes Suicide	Explains what happens when someone close completes suicide.
Grandparents	
Grandparent's Grief	Helps grandparents learn about their grief and their child's grief
The Grandparent's <i>What Not to Say</i> List	Ideas what is and isn't helpful to say to your grieving adult child.
Kids	
Things Kids Can Do For Their Grief	Ideas for activities to help kids work through their grief.
Parents and Adults	
Children's Grief at Different Ages	Infant, pre-school, school-age and teenage grief reactions.
Should a Child Attend a Funeral, Memorial or Wake	How to help your family make this decision.
Getting Support for Your Child's Grief (5-12 yr)	Describes the grief reaction and explains how to support kids.

Getting Support for Your Grief (For Adults)	Describes adult grief and suggests how to find support.
Helping a Grieving Child (For Adults)	Helps adults understand how to support children in grief.
Burial, Cremation, Funeral, Memorial	Defines terms. Explains costs and what is required of the family.
Men's Grief	Describes what we expect of grieving men.
Men's or Women's Grief	Describes two way of expressing and working through grief.
Recognizing Reactions to Grief	Physical, emotional, psychological, social, and spiritual reactions.
Teen Grief (For Parents)	Explains teen grief and how to support grieving teens.
Telling Your Child About the Death	Explains how to tell children that someone they love has died.
Those Worn Out Words Can Hurt	Shows how and why clichés are hurtful.
Understanding Adult Grief	Describes what adults do and feel when they are grieving.
Understanding Children's Grief	Describes what adults/parents can do when a child grieves.
Understanding Teen Grief (For Parents)	Defines grief and grieving and describes teen grief.
Ways for Adults to Help Grieving Kids	Activities for adults to do with kids.
Siblings	
Grief After A Brother or Sister Dies (Kids)	Explains what kids may experience when their sibling dies.
Helping Your Other Kids When a Child Dies	Explains what parents need to know about their kids' grief.
Teens	
Getting Support For Grief (Teens & Parents)	Helps teens & parents understand what happens to a grieving teen.
Getting Through Grief (For Teens)	Speaks to teens about what they might experience in grief.
Helping a Grieving Friend (For Teens)	Helps teens understand how to help another teen who is grieving.
End-of-Life Information Series - Toddler, Pre-school, School Age, Teen Age - spiral bound for hard copy	
FACTS about children's grief	General information about how kids grieve.
Toddler Series (12-36 months)	
Talking About Death	How to respond to toddlers when someone close dies.

Pre-School Series	
Talking about funerals and memorials...	Helping a child who can't understand the abstract idea of death.
Talking about viewing your baby's body...	Supporting your child if you choose to take them to view the body.
When your child may be facing death...	How to answer their questions and reactions to your emotions.
School Age Series	
Talking about cremation...	Describes the words to say and how to do this difficult task.
Talking about death...	Describes the words to say and how to do this difficult task.
Talking about funerals and memorials...	Describes the words to say and how to do this difficult task.
Talking about viewing a body...	Supporting your child if you choose to take them to view the body.
Talking about viewing your baby's body...	Supporting your child if you choose to take them to view the body.
When you (parent) may be facing death...	Helps with the words to say & why this is important for your child.
When your child may be facing death...	Helps with the words to say & why this is important for your child.
When your parent may be facing death...	Helps kids when they know something is wrong.
Teen Series	
Talking about cremation...	Describes the words to say and how to do this difficult task.
Talking about death...	Describes the words to say and how to do this difficult task.
Talking about funerals and memorials...	Describes the words to say and how to do this difficult task.
Talking about viewing a body...	Supporting your child if you choose to take them to view the body.
Viewing your baby brother or sister's body...	Supporting your child if you choose to take them to view the body.
When you (parent) may be facing death...	Helps with the words to say & why this is important for your child.
When your teen may be facing death...	Helps with the words to say & why this is important for your child.
When your parent may be facing death	Helps kids talk with parents when they know something is wrong.