

## HELPING TEENS GRIEVE

[www.crossroadshospice.bc.ca](http://www.crossroadshospice.bc.ca)  
[info@crossroadshospice.bc.ca](mailto:info@crossroadshospice.bc.ca)

### Why the need for teenage grief support?

Teenagers are in major transition. They are saying good-bye to their childhood, they are experiencing an emotional “roller coaster” effect and their self image is striving to establish itself, leaving the teenager vulnerable to stress. Add to this the loss of a loved one and frequently left is an individual who is frightened, insecure and isolated... Isolated because there are few places teenagers can go for confidential help.

### What are the signs a teen may need help?

A teen may need extra support: during times of grief if they exhibit any of the following behaviours:

- Rebelling against family/running away
- Dropping old friends/going with a different crowd
- Wanting to be alone all the time
- Risk-taking behaviours such as drug and alcohol abuse
- Showing suicidal tendencies
- Being sexually promiscuous
- Difficulties at school/indifference to activities
- Displaying no grief reactions or prolonged sadness



P.O. Box 1072 • Ridgeway Avenue  
Coquitlam • BC • Canada • V3J 6Z4

Crossroads Hospice Society relies on financial support from fundraising, grants and public/corporate donations.

For further information please contact the Society administrative office at:

P.O. Box 1072  
Coquitlam, BC V3J 6Z4  
Tel: 604-945-0606 • Fax: 604-945-9071  
[info@crossroadshospice.bc.ca](mailto:info@crossroadshospice.bc.ca)  
[www.crossroadshospice.bc.ca](http://www.crossroadshospice.bc.ca)

Thank you for remembering Crossroads Hospice Society when planning your gifts. Society #S-24391



**TEENAGERS**  
***FACE-TO-FACE***  
**WITH GRIEF**

## Why a support group?

A group provides opportunities for teens to explore their feelings in a safe environment using healthy and creative methods of expression; to develop an understanding of 'normal' grief reactions; and to identify and enhance specific coping skills and behaviours.

## What are the goals of the program?

- To create an open and supportive group environment that promotes the sharing of information, ideas and feelings regarding issues of death and loss.
- To develop an understanding, awareness and acceptance of 'normal' grief reactions.
- To identify and enhance specific coping skills and behaviours in dealing with death and loss situations.
- To assist teens develop an on-going healthy memory of their loved one.

## What topics will be explored?

- Thoughts, feelings and behaviour
- Creative expression of grief
- Healthy vs. unhealthy coping strategies
- The value of friends and support
- Coping with special days and holidays
- As part of the process, group sessions will include the use of music & art activities, video presentations, and reading material about grief and loss issues.

## Who can attend?

This program is for adolescents between the ages of 13 and 19 years who have experienced the loss of someone special through death (i.e., parent, sibling, grandparent, extended relative or close friend).

## Who leads the group?

Our Bereavement Services Coordinator leads the facilitation with the assistance of trained hospice volunteers.

## What else should I know?

- Confidentiality is maintained
- Sharing is voluntary
- There is no charge to participate
- Refreshments will be provided
- Space is limited and pre-registration is required
- Each group member will have an individual meeting with the Bereavement Services Coordinator



## What have other teens liked about the group?

"It's supportive, we learn a lot about grieving."

"We met new friends/people that are going through the same process as us."

"I liked this group because we were able to talk about stuff that doesn't usually come around."

## For more information:

To register for this group and for more details such as time and location please contact:

Castine Breckwoldt  
Bereavement Services Coordinator  
(604) 949-2274

