



## What do we do?

- ◆ Talk about what's on your mind: school, family, events, pets, interests
- ◆ Learn about and share the many thought, feelings, and changes that come with loss
- ◆ Talk about memories of the person who died and what they meant to you
- ◆ Do activities such as: art, music, stories, and games
- ◆ Enjoy snacks

## Our Guidelines:

**Confidentiality:** What is said in the group, stays in the group.

**Respect:** There are no right or wrong answers. We give "warm fuzzies", not "cold pricklies".

**Participation:** No one has to talk or do a particular activity—you can always pass.

**Safety:** We don't do anything that would hurt ourselves or others, or damage things in the room.

## For Parents/Caregivers Supporting Children Dealing with Loss

This program provides a safe, caring environment for bereaved children to come together in discussion and expressive play, music, storytelling and art activities.

The group is facilitated by Mission Hospice Society staff, and trained volunteers.

The group consists of an opening circle, activity time and a closing circle. Children are supported to share memories of the person who died, as well as thoughts, feelings and questions- only as much they are comfortable sharing. Children communicate much through their play and artwork.

Children, like adults, need stability and acceptance, as they struggle to understand the reality of the death, to experience the changing feelings associated with loss, and to regain confidence in life and loving relationships.

Not everyone in a family will grieve in the same way. Each child is unique in their personality, developmental understanding, and previous experience of loss.

Often parents or caregivers of bereaved children are experiencing their own reactions to loss at the same time.

**Mission Hospice Society** offers group and one-to-one support to those who are dealing with the death of a loved one.

Our library has many pamphlets, books, and videos on the grieving process in children, teens, adults, and seniors, dealing with various kinds of loss.

*Grief is a natural, healing response to loss. It's not a pathological illness; it's part of being human. When you love someone who will never be in your life again, you hurt for a time before you begin to heal. It's like an actual wound inside your body needing special attention.*

*From: More than surviving  
by Kelly Osmont*

## Why come to Circle of Friends?

- ◆ To learn about coping with the complicated feelings and changes that can come with the death of someone you love
- ◆ To meet other children dealing with similar issues
- ◆ To relax, de-stress, and have fun

## Who is invited?

Any child, age 6 -12 enrolled at the elementary level in the Mission School District who:

- ◆ has had someone close die: a parent, grandparent, sibling, other relative, or friend
- ◆ is feeling isolated by the difficulty of coping with loss
- ◆ is dealing with changes as the result of the death of an important person in their life

## Where and When?

3 - Eight week sessions  
[ Fall \* Winter \* Spring ]

**Tuesdays: 3:00- 4:30 pm**

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MISSION HOSPICE SOCIETY  
Unit E - 7311 James Street  
Mission, BC

## Who to contact?

### District Elementary Counsellors:

- ◆ Kerr McConnell 604-826-9239
- ◆ Heather Hansson 604-826-6401

### Mission Hospice Society

Coordinator of Bereavement  
Programs (604) 826-2235

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

This program is made possible through  
the **Mission Hospice Society**,  
the **Mission School District**,  
and the **Elementary  
Counselling Department**.

# Circle of Friends

A group for children dealing with the death of an important person in their life



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Hospice

Society