

Why come to The Good Grief Gang?

- ◆ To learn about coping with the complicated feelings and changes that can come with the death of someone you love.
- ◆ To meet other teens dealing with similar issues.
- ◆ To relax, de-stress, and find a better balance in life.

Who is invited?

- ◆ Any teen, ages 13 to 18, who is dealing with the death of someone important: a parent, grandparent, sibling, other relative, or friend.
- ◆ Any teen who is tired of feeling isolated by the difficulty of coping with loss.
- ◆ Any teen who is dealing with changes as the result of the death of an important person in their life.

When and Where?

Thursdays: 3:30 - 5:00 pm
@ Mission Hospice Society

Who to Contact?

Your School Counsellor
or the Bereavement Coordinator at
604-826-2235. Program is free but
Pre-registration is required

The Grief Process

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

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The Good Grief Gang

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



Mission Hospice Society
...when time matters most

Serving our community since 1985

What do we do?

- ◆ Talk about what's on your mind: school, family, events, pets, & interests.
- ◆ Talk about memories of the person who died and what they meant to you.
- ◆ Talk about problem areas: family relationships, school and grades, dealing with anger, grief, guilt, depression.
- ◆ Eat, drink and socialize.
- ◆ Do various activities.

Our Guidelines:

- ◆ **Confidentiality:** What is said in the group, stays in the group.
- ◆ **Respect:** There are no right or wrong answers. Each person is unique in the way they grieve a loss.
- ◆ **Participation:** No one has to talk or do a particular activity—you can always pass.
- ◆ **Attendance:** Please do your best to attend all meetings and arrive on time.



“Facts of Life” when You’re Dealing with Loss

1. People may expect you to be “over it” before you really are.
2. At first you may lose your appetite or have trouble sleeping.
3. You may find it hard to concentrate and remember things.
4. You may feel strong emotions of grief, anger, anxiety or guilt—they can be very changeable.
5. Sometimes you may feel like you’re going “crazy”.
6. People may avoid talking about the person who died, thinking they don’t want to upset you.
7. People may say things you don’t find comforting, like: “I guess it was meant to be,” or “They’re in a better place now.”
8. Sometimes you may miss the person very strongly. And sometimes you may go out and do things and not think about them for a while. Some people feel guilty at first when that happens.



9. Friendships may change.
10. You may have questions about life, spirituality and religion.
11. All these things are normal responses to grief and loss, but not everyone experiences all of them. Each person is unique in the way they go through the process of grieving a loss. Your life is changed forever by this experience, but gradually you can find meaning and enjoyment in life again, always keeping the memory of the person in your heart.

