

## Our Goal:

- To empower teens by validating all feelings and experiences.
- To offer coping strategies to help navigate the grief process.
- To provide life skill tools that strengthen hope and growth in the grief experience.

## We believe:

- Everyone has the right to process grief in their own way.
- People move through grief at their own pace.

## We offer:

- Compassionate support through free counselling and group support programs.



Are you grieving the death  
of a grandparent, parent,  
relative, friend or family member?

Is someone special dying?

**OUR CARING, COMPASSIONATE  
PROGRAMS MAY BE A FIT FOR YOU**

## *Grief Support Services For Teens*

**Nanaimo Community  
Hospice Society**

**Child, Youth and Family Programs**

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# *Grief Support Services For Teens*



**Nanaimo  
Community  
Hospice Society**

*PROVIDING COMPASSIONATE CARE AND SUPPORT*

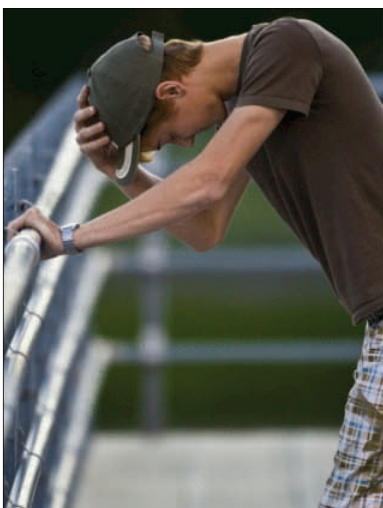
The death of someone special is a shattering experience.

It is important to remember that grief is a natural expression of love for the person who died.

Grief can affect everyone physically, emotionally, mentally, socially and spiritually.

It is easy to assume that the teen showing no outward signs of grief is doing fine. This may or may not be true. Not everyone is equipped to provide support and sometimes even the best of intentions from family and friends can inadvertently send messages that discourage the teen from expressing their thoughts and feelings.

It is important to find someone who can provide a supportive and caring environment that allows for physical, emotional, mental and social aspects of the grief experience. This could come from a parent or friend or it might come from someone from Hospice who has experience offering grief support.



## One-to-One Grief Support

*"How we cope with dying, death, grief and loss is as unique as our fingerprint."*

Our grief support staff recognizes the deep pain of loss and is here to listen, help process feelings and to offer strategies and life skills to navigate the grief process.

Whether the loss is recent or not, we can help you as you move through the pain towards a hope filled life.

One-to-one grief support is available to adolescents and their families in our office, the comfort of the family home and over the telephone. Families and teens are welcome to refer themselves to our programs and referrals are also made from doctor's offices, schools, churches and community agencies.

## The Compassionate Laughter and Wellness Group Grief Support Program

*"Cry when you must; laugh when you can."*

This unique 8 week group support program allows teens to connect with peers also impacted by grief. The goal of the program is to introduce life skills and coping strategies to enhance physical, emotional, mental, social and spiritual wellbeing. Concepts from Laughter Yoga combine with mind-body exercises designed to reduce anxiety, boost self-esteem and expand healthy communication.

The one hour closed group sessions invite teens to decrease stress and increase joy through laughter exercises, breathing techniques, acupressure tapping, visualization exercises and amusing stretching poses.

The group is facilitated by a Grief Support Services staff member and is run throughout the year when there is participant interest. There is no cost to participants in the program.

*"The opportunity to connect and grow with other grieving teens can be an important part of the journey."*

Laughter allows you to take breaks from the hard work of grief and manage your loss effectively. It is not an indication you loved less. You can give yourself permission to honor the life of your special person by celebrating the life you were given.