Our **Langley Hospice Society's** Child and Youth Bereavement Program has two full time staff to meet the needs of our growing community.

Our team provides one-to-one and group support for children and youth who have experienced the death of a significant person; outreach support in local schools; and education and training for parents, caregivers, schools, and other child and youth serving organizations.

Additional training and workshop opportunities for volunteers and the broader community, are available by request.

Our service delivery area includes: Aldergrove, Langley, Fort Langley and Cloverdale.

For more information, contact:

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Our Mission Statement

Langley Hospice Society, is a community-based, non-profit organization, that provides compassionate support to help people live with dignity and hope while coping with grief and the end of life.

Langley Hospice Society
langleyhospice.ca
Providing compassionate care and support since 1983

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Find the Langley Hospice Society on Facebook
www.facebook.com/LangleyHospiceSociety

Langley Hospice Society was incorporated in 1983
Registered Charity Number:
11900 5353 RR0001

BRITISH COLUMBIA
The Best Place on Earth

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Child & Youth Bereavement Programs

Grief support programs for children and youth impacted by the death of a significant person in their lives

ALL SERVICES ARE FREE AND CONFIDENTIAL

www.langleyhospice.ca

Child and Youth Grief Support

Programs operate year-round through the **Langley Hospice Society's** Supportive Programs Centre, and are free of charge. Our staff and volunteers provide anticipatory, early and ongoing grief support programs and services in both one-to-one and age appropriate group environments, and outreach support in local schools. Our service delivery area includes: Aldergrove, Langley, Fort Langley and Cloverdale.

Grief is a natural reaction to loss. It is the normal process that occurs after a person has experienced the death of significant person.

Children and youth express grief differently from adults, and may have different responses. The type of support they receive during their bereavement can impact their health, social relationships and future success in school and employment.

Our Guiding Principles for working with the children and youth we serve are that...

- Every child is entitled to grieve in a supportive, informed and understanding environment.
- Open communication about death and grief helps children to heal from loss.
- Children naturally process their grief through creative, recreational and play-based activities.

Child and Youth Loss Support Groups

Our **Langley Hospice Society** staff and volunteers create a safe, supportive environment where children and youth grieving a loss can come together and share their experiences by using a variety of activities to help express themselves such as art, play, memorial making and outdoor recreation. This helps decrease the isolation and loneliness they often feel after a loss.

Program Goals

- Providing safe, hands-on learning opportunities for children to express their feelings of grief
- Decreasing the isolation and loneliness children often feel following a loss
- Encouraging children to process their grief through a variety of friendship-building and grief-related activities
- Creating a place where children and youth who have similar experiences come together to support each other

How Children Express Grief

Children and youth express grief differently from adults, and may have different responses...

- Children move in and out of intense feelings, rather than sustaining high levels of one emotion for long periods of time
- Children have a natural ability to play-out, our act-out their experiences
- Developmentally, children and teens are more egocentric; they are more dependent on adults for their survival needs.
- Children and youth are flooded with very powerful emotions that they may be experiencing for the first time.
- Children may not know how to verbalize or understand these feelings so they are often acted out in behaviours.
- Youth have often been conditioned to view feelings as vulnerable and often trying to avoid them by bottling them up, or burying them.
- Children and teens often regress emotionally to an earlier age. This indicates their need for safety, nurturing and comfort.