

Normal Childhood Reactions to Grief

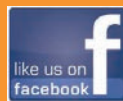
- Lower Grades
- Aggressive Behavior
- Fears
- Sleeplessness
- Nightmares
- Mood Swings
- Headaches
- Withdrawal
- Anxiety
- Crying
- Stomachaches
- Fatigue
- Regressive Behavior



The WARM Place Grief Support Center for Children

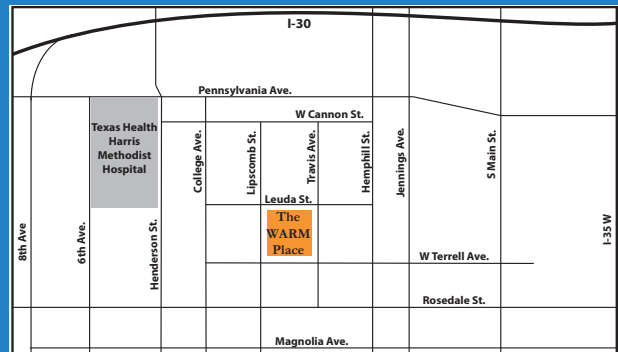
*Where grieving children and their families
find hope*

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When Children Grieve

A family's guide to The WARM Place



The WARM Place
Grief Support Center for Children
*Where grieving children and their families
find hope*

Welcome to The WARM Place

The WARM Place services are at no charge to the families. Grief support services at The WARM Place are provided through the donations of individuals, businesses, and foundations. We depend upon these generous contributions to guarantee that no family is ever charged a fee to participate in our program.

Suggestions for Helping a Grieving Child

Encourage the child to attend the funeral or memorial service.

Realize grief is an ongoing process with no easy answers.

Recognize that laughter and play do not mean the child is not grieving.

Remember that not talking about the loss does not make it go away.

Allow the child to ask his/her own questions.

Help the child share memories.

Encourage talking about the death, but do not force the child to talk about it.

Allow for expression of feelings.

Be honest and specific when telling the child about the death.

Realize that a child may need a place to be alone, whether at school or at home.

Listen.

You are welcome to call for an intake appointment any time following a death loss.

After a death occurs, a parent or guardian may schedule an appointment for his/her family to visit The WARM Place and to talk with a professional counselor about the death loss. Intakes are scheduled Monday-Friday at 9:00 am, 11:00 am, and 2:00 pm. During the first visit, the counselor will explain the program, talk with each family member, and determine when the family will come to The WARM Place for their first group meeting.

Group sessions meet in the evenings every other week.

Families attend evening group sessions every other week for as long as they feel the need for support. These groups meet on either Monday, Tuesday, Wednesday, or Thursday evenings from 6:30-8:30 pm.

Groups are divided by grade level and type of death loss.

Our groups are divided by grade levels and the type of death loss the child has experienced. Each night of the week is designated for a different type of death loss: Parent, Brother/Sister, or Grandparent/Friend/Other family member. By talking about their feelings and experiences with other children their same age, children become less afraid, sad, and alienated. They learn that they are not "the only one" who has had someone they are close to die.

Groups are led by trained volunteer facilitators.

Each session at The WARM Place is led by volunteer facilitators who have been through extensive training on the grief process and group dynamics. The facilitators help the grieving children and adults express feelings they cannot discuss in most settings. This nurturing environment allows children and their families to process their sorrow with the assistance of staff members, trained volunteers, and other families in similar situations. Children and their families are carefully monitored during group sessions so that any serious problems can be referred to outside professionals.

What to expect on your group night.

On group nights, families gather for a pot-luck dinner and conversation, then break into small groups by grade levels: Children, K-3rd grade; Preteen, 4th-5th grade; Young Teen, 6th-8th grade; Teen, 9th-12th grade; and the parents/guardians. Each group has its own volunteer facilitators who lead the discussion and direct age-appropriate activities designed to help participants express their emotions constructively. Group activities might include drawing special memories, clay modeling, journaling, making crafts, listening to music, cuddling teddy bears, and sharing thoughts and feelings. Through creative play and art projects the children are encouraged to share feelings they have been unable or unwilling to express. The group support and caring environment provided by our professional counselors and trained volunteers have truly worked miracles for thousands of grieving children.



Special Programs

Little People – An eight-week session is offered in the spring and fall for 3-1/2 to 5 year old preschool children and their parents/guardians. This group meets during the day on a weekly basis for one hour.

Young Adults – We offer sessions in spring, summer, and fall for young adults ages 19 to 25. This group meets in the evening on a weekly basis for 1-1/2