

## NORMAL GRIEF RESPONSES IN CHILDREN & TEENS

- Regression
- Acting out
- Sleep and appetite disturbances
- Separation anxiety
- Hyperactivity
- Social withdrawal and/or loss of interest in outside activities
- Nightmares
- Physical symptoms, such as headaches and stomach aches
- Trouble getting out of bed
- Uncontrollable crying
- Asking repeated questions about death
- Not understanding what happened
- Questioning spiritual beliefs
- Fear of losing surviving family members
- Thinking he/she caused the death
- Taking on the role of the one who died
- Loss of self-esteem
- Yearning for what was

Special thanks to the  
New York Life Foundation  
for their generous grief reach support.

## JOURNEY OF HOPE GRIEF SUPPORT CENTER

### CONTACT US

3900 West 15th Street, Suite 306

Plano, TX 75075

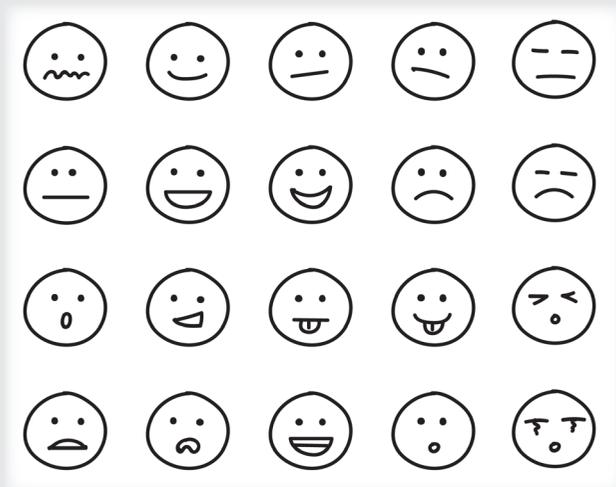
972-964-1600

[www.johgriefsupport.org](http://www.johgriefsupport.org)

Facebook: /johgriefsupport

### THE MANY FACES OF GRIEF

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Angry     | <input type="checkbox"/> Lonely    |
| <input type="checkbox"/> Guilty    | <input type="checkbox"/> Forgetful |
| <input type="checkbox"/> Relieved  | <input type="checkbox"/> Broken    |
| <input type="checkbox"/> Sad       | <input type="checkbox"/> Regret    |
| <input type="checkbox"/> Numb      | <input type="checkbox"/> Scared    |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Anxious   |
| <input type="checkbox"/> Lost      | <input type="checkbox"/> Worried   |
| <input type="checkbox"/> Confused  | <input type="checkbox"/> Hopeless  |
| <input type="checkbox"/> Empty     | <input type="checkbox"/> Overwhelm |



# Journey of Hope

GRIEF SUPPORT CENTER, INC

WHERE CHILDREN'S  
HEARTS  
BEGIN TO HEAL



YOU ARE NOT ALONE.  
SUPPORT IS AVAILABLE.  
HEALING IS POSSIBLE.

OUR CURRICULUM IS NOT  
FAITH-BASED AND IS CULTURALLY  
SENSITIVE TO INDIVIDUAL  
DIFFERENCES AND BELIEFS.

SINCE 1998, JOURNEY OF HOPE  
HAS SERVED FAMILIES THROUGH  
SUPPORT GROUPS LED BY  
TRAINED FACILITATORS WITH  
DEVELOPMENTALLY APPROPRIATE  
CURRICULUM.

## ACHIEVING A NEW NORMAL

Coping with the loss of a loved one can feel like a rollercoaster of physical symptoms and psychological emotions from day to day for adults.

But what about children and teens who struggle to process their emotions after the loss of a loved one?

We understand that there is no timeline for grief. Our program offers 10 open-ended support groups ranging from preschool to high school and a variety of adult groups.

With no grief timeline, it's our facilitators' goal to instill healthy coping mechanisms in a supportive setting that allows children to understand loss and grief as part of the natural life cycle and focus on achieving a new normal.

## HOW IT WORKS

Children experience grief according to their developmental understanding of death, which is why children are assigned a group according to their grade in school.

Parents participate in adult groups that are assigned based on the same type of loss (e.g. loss of a spouse, loss of a child, loss by suicide, or loss of other).

Laughter, fun, and celebration are part of the healing journey along with frank discussions, tears, and sharing of memories. Active play, stories, art, drama, music, journaling, and games are an integral part of child and teen groups.

## BENEFITS

- \* Process emotions and feelings of grief
- \* Come to terms with life without a loved one
- \* Feel understood by others
- \* Share your story and hear other stories
- \* Better understand your child's emotions and how to respond to them
- \* Be supported while supporting others
- \* Heal and restore hope for the future

## GET STARTED

A parent or guardian calls our office at 972-964-1600 to provide information about the family and the person who died. A family intake will then be scheduled at our office.

During the intake, you will receive information about program requirements to ensure that JOH is the right service for your family. We will address your questions about the program or about grieving children or teens at this time.

