



What Adults Need to Know About Teens Talking to Teens

an online grief discussion group

**“Working your way through grief is some of the hardest work you will ever have to do—
but you don’t have to do it alone.”**

Even though friends and classmates want to help, they can’t always fully understand what a grieving teen is experiencing unless they have also lost a loved one. Grieving teens do so much better when they can find peers who have also experienced the death of someone close to them. It is just such a relief for teens to know that they are not the only ones struggling with loss. This shared experience can provide a safety zone for teens to express themselves. But where can they find this?

Hospice of the Valley’s Teens **Talking to Teens** is a safe, anonymous, online place where grieving teens come together and share their loss—at any hour of the day or night and at no cost. During a time when even the usual school and social settings feel uncomfortable, this online group gives grieving teens a safe place to interact with others. They can express whatever they are feeling, ask questions and get responses from other teens without the added worry of being judged. And if they are not ready to share their thoughts and feelings, they can just read what others have to say.

Encourage your teen to join us at www.hovforum.iphost.com. The membership is free, but teens will need to register with a user name and secret password of their choosing. This site will be moderated by certified hospice bereavement counselors, and all messages will be screened for appropriateness. It is our hope that by providing this forum, teens will realize that they are not alone and will better understand the grief process.