ISSUES CHILDREN AND FAMILIES FACE
throughout the Grief Process

Managing fears
Understanding real and perceived fears

Losing the future
What happens now?

Dealing with changes
Everything has changed, nothing is the same.

Experiencing intense symptoms
Physical, emotional, cognitive and behavioral aspects to grief

Being different
I just want to be like everyone else!

Regaining sense of control
Nothing I can do or say will change what happened.

Lack of support
Where do I go for help?

Moving on
How can I move forward with some sense of grace and remembrance?

Understanding self-identity – roles
Who am I now?

Sharing and support
Who can I trust to share all this with?

Overriding goal of any intervention/activity is to give the child or adult an appropriate opportunity to express their inner issue outside of themselves in a safe atmosphere.

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