

Grief & Loss

According to Elisabeth Kubler-Ross, there are five stages of grief. They are denial, anger, bargaining, depression, and acceptance. For those of us who have experienced a loss, we know that there is no set time or order when going through those stages. It is a time when we experience a vast array of emotions. Whether it is the loss of a pet, or the loss of a loved one, children grieve too. There are ways to help them through this confusing time. Activities such as making a memory book, sharing favorite stories about the pet or person they have lost, or meeting with a grief counselor can help to ease some of the pain a child is feeling after a loss. Below are some additional resources to help children through a time of loss and grief.

Click on the following links to learn more about the services offered:

Hamilton's Academy of Grief and Loss - <http://www.hamiltonsfuneralhome.com/academy/>

Amanda the Panda - amandathepanda.org