



Helping Children with Loss

For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses

There are many myths about dealing with sad emotions that confuse children:

- Time heals all wounds
- Replace the loss
- Cry alone
- Be strong for others
- Bury your feelings
- Don't feel bad, have a cookie, you'll feel better ...

In this program you will learn how to replace these myths with practical guidance for your children.

The 4-week program begins Wednesday, June 22 at 6:30 pm at
155 N. Oakdale, Suite 200
Salina, KS 67401

In the meantime:

- Listen with your heart, not your head. Allow all emotions to be expressed, without judgment, criticism, or analysis.
- Recognize that grief is emotional, not intellectual. Avoid the trap of asking your child what is wrong, for he or she will automatically say, "Nothing."
- Adults - Go first. Telling the truth about your own grief will make your child feel safe in opening up about his or her own feelings.
- Remember that every child is unique and each has a unique relationship to the loss event
- Be patient. Don't force your child to talk.
- Never Say "Don't feel sad" or "Don't feel scared." Sadness and fear, the two most common feelings attached to loss of any kind, are essential to being human.

**WEDNESDAYS,
6:30-8:30pm**

**June 22 & 29
July 6 & 13**

Free childcare



For further information contact:

REX CEARLEY, MS Certified Grief Recovery Specialist™
CAPS Parent Education Partner
Call 785.825.4493 or visit capssofsalina.org

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WWW.CAPSOFSALINA.ORG/PARENTING-CLASSES



Grief Recovery Method Specialist

Certified by The Grief Recovery Institute