



SEASONS CENTRE FOR GRIEVING CHILDREN

Has been providing services to grieving children and their families in a warm and caring atmosphere since 1995. We are committed to creating and maintaining an inclusive culture where everyone feels valued and respected.

VISION

To create spaces for bereaved children (and their caregivers) to explore, share and find support in their grief.

MISSION

Seasons Centre for Grieving Children provides support and education for bereaved children, youth, and caregivers within the diverse communities we serve.

PROUD MEMBERS OF:



HOW TO SUPPORT A GRIEVING CHILD

- Encourage children to participate in the funeral/memorial process
- Provide a safe feeling environment
- Maintain routine as much as possible
- Encourage questions
- Reassure children that the death was not their fault
- Normalize feelings of grief - it is normal to be sad, angry, etc. when someone dies
- Encourage peer support so they do not feel "alone"
- Offer clear limits and guidelines
- Encourage expression of sadness, anger, or other grief emotions,
- Role model: Cry if feeling sad, hit a pillow if angry as you talk about your feelings
- Offer plenty of hugs and cuddling
- Read books about death and grief
- Commemorate and memorialize the person who died especially on special days



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Phone: (705) 721-5437

www.grievingchildren.com

Charitable Business Number: 8984 98142 RROOOI

SUPPORT Program INFORMATION



www.grievingchildren.com



OUR SUPPORT SERVICES

Seasons Centre offers a variety of facilitated peer support groups for children ages 5 - 24 and their caregivers grieving the death of an immediate family member. We offer both in person and virtual groups. As well as outreach services including our school program. For an initial consultation, please call the Program Department at 705-721-5437

**Note: Certain groups availability depends on demand*

CHILDREN'S PROGRAMS

*For participants 5-12
Biweekly for 60-90 mins*

- **WHAT ABOUT ME**
For children living with an immediate family member who has a life limiting illness
- **LITTLES**
For children who have had a primary caregiver die.
- **SIBS**
For children who are grieving the death of a sibling.
- **CHILD SURVIVORS OF SUICIDE**
For children who have had a primary caregiver or sibling die by suicide.
- **SUBSTANCE USE RELATED DEATH**
For children who have had a primary caregiver or sibling die by an accidental overdose

TEEN PROGRAMS

*For participants 13-18
Biweekly for 60-90 mins*

- **EARLY TEENS**
For early teens who have had a primary caregiver, sibling or a close friend die.
- **TEENS**
For teens who have experienced the death of a primary caregiver sibling or close friend.
- **TEEN SURVIVORS OF SUICIDE**
For teens who have had a primary caregiver , sibling or close friend die by suicide.

ADULT PROGRAMS

*Support groups for adults
Biweekly 1½ hr*

- **YOUNG ADULTS 18-24**
For young adults who have had a primary caregiver, sibling, or close friend die.
- **EMPTY ARMS**
For parents who have experienced the death of a child under 24 years of age.
- **ON OUR OWN**
This support group is offered for parents who have experienced the death of a spouse/life partner and are raising children 18 years of age and under.
- **CAREGIVER GROUPS**
This is a facilitated peer support group that meets at the same time as their children's group.



OUTREACH SERVICES

• SCHOOL PROGRAM

Teacher consultation
In class support when a classmate is grieving the death of a loved one
Education regarding death and the grief process as part of the school curriculum
One or two educational/support sessions for a specific group
8-week closed group support sessions
One-time initial assessment in a secondary school for teens who may meet SCGC group criteria
First response support due to a death

• CRITICAL INCIDENT STRESS INFORMATION SESSIONS

- **GRIEF BEREAVEMENT EDUCATION**
- **COMMUNITY PRESENTATIONS**

OTHER SERVICES

- **CAMP SKIEN** (In collaboration with Camp Maple Leaf)
A 5 night, 6 day overnight camp program for children ages 6-16 who are grieving the death of a parent or sibling.
- **CO-OP PLACEMENTS**
- **VOLUNTEERING**
- **COLLABORATIONS/PARTNERSHIPS**

