

Dear GA Families,

As we all struggle to cope with the death of a valued member of our community, we will all need to find our own ways of coping and helping one another. Our children and friends may turn to us for support and comfort. While 'business as usual' is often a helpful posture, there is no one right way to grieve. In addition, the following are a few things one could say:

- I'm at a loss to know what to say, but I'm here to talk if you want.
- Do you feel like talking?
- I can sit and talk with you if you want. If you want to be alone or not talk about it, it's okay.
- I don't know what to say, but I want you to know I care and want to help if I can.

Some other suggestions for positive communication with grieving children and teens:

- Listen without judgment
- Avoid interrupting
- Understand that some children may need to ease up on work, activities, and assignments
- Offer a 'safe place'
- Be aware that some children may want to spend more time in your presence

If you would like to discuss any of this with a member of the GA Counseling Department, please feel free to contact Dr. Angie Jones (ext. 7209), Dr. Andrea Kurtz (ext. 7373), Ms. Colleen Lewis (ext. 7277), Dr. Janet Maurer (ext. 7303), Mr. Dave Samson (ext. 277), or Mr. Jim Wade (ext 7279).

Thanks,

Janet

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