

## GRIEVING

Grieving the loss of someone loved is a different process for children and youth than it is for adults. For children, where they once felt safe they may now feel insecure, school can become difficult to manage, and shifts in behavior may seem extreme. Adults may feel confused or overwhelmed regarding the best way to talk to children about grief or how to help them process the impact of the loss. This is strengthened by the fact that children's understanding of grief varies by their level of development and past experience with loss. Sometimes we try to protect children from "unnecessary" sadness or pain by insulating them. This however, does not keep them from grieving.

Grief is acknowledged and processed in small "doses," according to well-known children's grief expert, Dr. Alan D. Wolfelt, Ph.D. Many children and youth may find comfort and security through grief support groups where everyone participating shares one common element: someone they love has died.

Iowa City Hospice offers three unique groups for children, youth and their parents or caregivers. Iowa City Hospice ***grief support services are provided free of charge.*** Referrals are accepted from anywhere in our seven-county service area: Cedar, Iowa, Johnson, Linn, Louisa, Muscatine and Washington Counties; and grief support need not be connected to the death of an Iowa City Hospice patient. Referrals can be made by anyone concerned about a grieving child.

## ROLL (Respect Our Life Losses) Support Group for Ages 11-15



The ROLL group offers a safe and respectful place to spend time exploring our reactions to losing someone we loved.

Each month will include topics designed to help youth cope with transitions and adjust to change. Sadness, memories, worries and permission to experience some joy are all part of the grieving process.

## KUL (Kids Understanding Loss) Support Group for Ages 5-10



The KUL group offers fun activities while exploring the many thoughts and feelings that are a part of grief and mourning. The group provides a safe place to be with others who are also missing someone they love who has died.

## PARENTS/GUARDIANS SUPPORT GROUP

While the KUL and ROLL groups are meeting, parents and family members are invited to participate in a special adult support group designed to assist participants in dealing with their own grief.



This special support group provides an opportunity to gain insight into the needs of grieving children and youth. It also offers an opportunity to connect with others who are dealing with similar circumstances in their lives.

## IOWA CITY HOSPICE STAFF

**Gail Garwood, MA, LMHC**, is a Bereavement Counselor at Iowa City Hospice. She is an experienced Mental Health Counselor and educator with a specialization in helping individuals and families after the death of their loved one. Her expertise lies in assisting individuals to process and heal emotionally after a loss.

Gail facilitates the Parent Support group, supervises our committed group of volunteers and coordinates the planning and development of the KUL and ROLL program. Gail is also available to provide grief education workshops to schools, faith communities and neighborhood associations.

*\*This is not a College Community School District publication. It is being distributed through the school district as a community service of the district to inform you of other community activities or services available.*

## REGISTRATION FORM

To register please do *one* of the following:

1) **Mail:**

Gail Garwood, LMHC  
Bereavement Counselor, Program  
Iowa City Hospice  
1025 Wade Street  
Iowa City, IA 52240-6626

2) **E-mail:**

Gail.Garwood@IowaCityHospice.org  
Please include the information from the form.

3) **Call:**

319.688.4217 / 800.897.3052

**Name of Parent(s)/Caregiver(s):**

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**Child/children you wish to register:**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_

*We would like to call to confirm your registration:*

**Phone:** \_\_\_\_\_

**Best time to call:** (please circle one)

Morning      Afternoon      Evening

**E-mail:** \_\_\_\_\_

## 2013-2014

### SUPPORT GROUP DATES:

**September 10**

**October 8**

**November 12**

**December 10**

**January 14**

**February 11**

**March 11**

**April 8**

**May 13**

Groups will be held on the second  
Tuesday of each month.

6:00-7:30PM

Willowwind  
950 Dover Street  
Iowa City, IA

**6:00-6:30PM** - Pizza and drinks, parent sign-in  
and free time to chat.

**6:30-7:30PM** - Discussion of skills/tools needed  
for grieving and mourning, and time to be  
respected and understood.

**Please join us by completing and returning the  
attached registration form.**

*This program is  
generously supported  
by Willowwind School.*



# IOWA CITY HOSPICE

## Grief Support Services



## For Children and Youth Fall 2013-Spring 2014

Iowa City Hospice  
1025 Wade Street  
Iowa City, Iowa 52240

319.351.5665

[www.IowaCityHospice.org](http://www.IowaCityHospice.org)  
[info@IowaCityHospice.org](mailto:info@IowaCityHospice.org)