

# Mourning Child Grief Support Group Curriculum: A Comprehensive Guide for Healing Young Hearts

The death of a loved one is a traumatic event for anyone, but it can be especially difficult for children and adolescents. They may not have the same understanding of death as adults, and they may not know how to express their grief in a healthy way. This can lead to a variety of problems, including depression, anxiety, and behavioral issues.



## Mourning Child Grief Support Group Curriculum: Middle Childhood Edition: Grades 3-6 by Linda Lehmann

★★★★☆ 4.9 out of 5

Language	: English
File size	: 7180 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 225 pages



The Mourning Child Grief Support Group Curriculum is a comprehensive guide for helping young people cope with the death of a loved one. This evidence-based curriculum provides 12 group sessions that are designed to help children and adolescents understand and process their grief, develop coping mechanisms, and find support from their peers.

## The Benefits of the Mourning Child Grief Support Group Curriculum

- Helps children and adolescents understand and process their grief
- Develops coping mechanisms for dealing with grief
- Provides support from peers who are also grieving
- Reduces the risk of developing depression, anxiety, and behavioral issues
- Promotes healthy grieving and healing

## **The Curriculum**

The Mourning Child Grief Support Group Curriculum is divided into 12 group sessions. Each session has a specific topic that is designed to help children and adolescents understand and process their grief. The sessions are as follows:

1. **Session 1: What is Grief?**
2. **Session 2: How Do I Feel?**
3. **Session 3: What Can I Do?**
4. **Session 4: Who Can Help Me?**
5. **Session 5: Remembering My Loved One**
6. **Session 6: Saying Goodbye**
7. **Session 7: Moving Forward**
8. **Session 8: Holidays and Special Occasions**
9. **Session 9: Grief and School**
10. **Session 10: Grief and Friends**

## 11. **Session 11: Grief and Family**

## 12. **Session 12: Grief and the Future**

### **How to Use the Curriculum**

The Mourning Child Grief Support Group Curriculum is designed to be used by trained facilitators. Facilitators should have experience working with grieving children and adolescents, and they should be familiar with the principles of grief counseling. The curriculum can be used in a variety of settings, including schools, community centers, and hospitals.

The curriculum is flexible and can be adapted to meet the needs of the group. Facilitators can choose to use all or some of the sessions, and they can modify the activities to fit the age and developmental level of the participants.

### **Evaluation**

The Mourning Child Grief Support Group Curriculum has been evaluated in a number of studies, and the results have been positive. Studies have shown that the curriculum helps children and adolescents understand and process their grief, develop coping mechanisms, and find support from their peers. The curriculum has also been shown to reduce the risk of developing depression, anxiety, and behavioral issues.

The Mourning Child Grief Support Group Curriculum is a valuable resource for helping children and adolescents cope with the death of a loved one. The curriculum is evidence-based, flexible, and easy to use. It has been shown to be effective in reducing the risk of developing depression, anxiety, and behavioral issues, and it promotes healthy grieving and healing.

If you are working with grieving children or adolescents, I encourage you to consider using the Mourning Child Grief Support Group Curriculum. It is a valuable tool that can help young people cope with their grief and heal from their loss.

## Free Download Your Copy Today!

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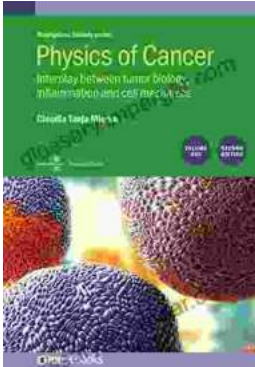
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