



Hospice By The Bay serves Marin, San Francisco, Northern San Mateo, and Sonoma counties. The Bereavement Team provides emotional and spiritual support for families coping with a serious illness and after a death has occurred.

The Youth Bereavement Program is supported by grants, donations, and fees. For information or literature about grief in youth, contact the Hospice By The Bay office near you:

Marin

17 East Sir Francis Drake Boulevard
Larkspur, CA 94939
Phone: (415) 927-2273


San Francisco

1902 Van Ness Avenue, 2nd Floor
San Francisco, CA 94109
Phone: (415) 626-5900

Sonoma

190 West Napa Street
Sonoma, CA 95476
Phone: (707) 935-7504

www.hospicebythebay.org



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Youth Bereavement Program



*For children and teens
in grief*



Caring for Generations

Children And Grief



While death and grief are a natural part of the human experience, our culture tends to fear and deny this fact. Although deeply affected by the inevitable losses they suffer, children's grief is misunderstood and children misjudged as incapable of grieving. They do grieve — they just do it differently than adults. Parents in grief often feel challenged by the task of caring for their grieving children. School personnel often have little training in helping the bereaved children in their classrooms. When children and teens become isolated in their grief, they may express themselves in these ways:

- Sadness or depression
- Anxiety or fearful responses
- Low self-esteem
- Isolation from peers
- Physical complaints
- Aggression or violence
- Drug/alcohol abuse
- Self-injurious behaviors

The Youth Bereavement Program

Created to increase awareness of the special needs of young people in grief.

Our counselors support children and teens, ages 3 to 18, and the circles that hold them, including families and schools. To educate and guide youth through the grief process, we use the following methods, in addition to conversation and discussion:

- Group activities
- Family counseling
- Art therapy
- Symbolic play
- Educational videos, books and workbooks



Hospice By The Bay staff teach young people how to live and cope effectively with grief. With attention, patience, and love, children and teens can develop greater empathy for themselves and others, increased maturity, and a deeper understanding of our shared human condition.



Individual and Group Counseling

- **Anticipatory Grief Support** for children, teens, and families expecting the loss of a loved one.
- **Individual and Family Counseling** following the death of a loved one.
- **Grief Support Groups**
- **Camp Erin™ Summer Weekend Retreat**



School Programs

- **Grief Support Groups**
- **Classroom Presentations** to educate about grief and assist in peer support.
- **Faculty Presentations** to train school personnel to identify and support children and teens in grief.

Community Outreach and Education

- **Workshops for Agencies and the Community** to heighten awareness and knowledge of youth and grief.
- **Community Events** in participation with other organizations.
- **Lending Library** of books and videos.
- **Literature** on youth in grief.