the center for grieving children

Outreach & Training for Businesses

Informing. Engaging. Customized.

Where there is change, there is loss, and where there is loss, there is grief.



Though the focus at The Center for Grieving Children is on grief and loss due to illness and death, the model used by the Center to support those who are grieving is a valuable tool to use whenever there is any kind of loss.

Not only children benefit from a compassionate and caring community. Creating an environment of compassion and nonjudgement benefits individuals of all ages who are struggling with change and loss. The Center's Outreach and Education Program will build a training for your group that will shift your team from a mindset of "what do we do?" when loss and change impacts the workplace to pre-emptively establishing one that is prepared to handle difficult losses, no matter the source of that loss.



Services & Opportunities

Education & Training On- or Off-Site

The experience and expertise of the Center's staff can work with your organization to create high quality trainings and consultations, providing a customized program for your school, business, agency, camp, or health-care providers.
From lunch time presentations to comprehensive workshops, we offer trainings to meet your goals and objectives.

Please refer to the back of this sheet for a list of common topics.



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Common Topics

Below are just a few topics that could be addressed in a workshop or training. If there is another topic that you feel your team could benefit from that is not listed, please reach out to discuss how we could implement a support for you.

Creating a Grief Informed Workplace:

- How grief shows up at work and how to support it
- Managing performance compassionately
- Return to work conversations for staff and individual
- Assistance with informing bereavement policies
- Creating clear and consistent grief protocols
- Building a psychologically safe environment
- Communication and "Grief First Aid Skills"

"I could not have been more impressed with the integrity of the Center for Grieving Children, the training, and the staff."

Specialized Topics:

- Anticipatory grief (terminal illness)
- Sudden or Traumatic Loss (accidents, suicide)
- Collective Grief (workplace death, layoffs, community or global events)
- Non-death grief



Topics After A Loss:

- Processing Grief as a team
- Supporting each other without overstepping
- Navigating Awkward Conversations
- Rebuilding Team cohesion

Self-Care and Resilience:

- Coping strategies and emotional regulation
- Boundaries when supporting others

For a consultation, to answer specific questions, or to discuss concerns and fees, please contact:
cgc@cgcmaine.org

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where families find hope and love

Guidelines for Speaking with Grievers

Instead of this.....	Say this....
"I know just what you're going through." You cannot know this. Everyone's experience of grief is unique.	*"Can you tell me more about what this has been like for you?"*
"You must be incredibly angry." It is not helpful to tell people how they are feeling or ought to feel. It is better to ask. People in grief often feel many different things at different times.	*"Most people have strong feeling when something like this happens to them. What has this been like for you?"*
"This is hard. Buts it's important to remember the good things in life, too." This kind of statement is likely to quiet down true expressions of grief. When people are grieving, it's important that they be allowed to experience and express whatever feelings, memories, or wishes they're having.	*"What kinds of memories or thoughts do you have about the person who died?"*
"At least he's no longer in pain." Efforts to "focus on the good things" are more likely to minimize the student or family's experience. Any statement that begins with the words "at least" should probably be reconsidered.	*"What sorts of things have you been thinking about since this important person died?*
"I lost both my parents when I was your age." Avoid comparing your losses with those of students or their families. These types of statements may leave children feeling that their loss is not as profound or important.	*"Tell me more about what this has been like for you."*
"You'll need to be strong now for your family. It's important to get a grip on your feelings." Grieving children are often told they shouldn't express their feelings. This holds children back from expressing their grief and learning to cope with these difficult feelings.	*"How is your family doing? What kinds of concerns do you have about them?"*
"My dog died last week. I know how you must be feeling." It is not useful to compare losses. Keep the focus on grieving children and their families.	*"I know how I've felt when someone I loved died, but I don't really know how you're feeling. Can you tell me something about what this has been like for you?"*

From Coalition to Support Grieving Students, http://grievingstudents.scholastic.com/