

Parent Power Hour



January 11, 2021, 6:30-7:30

Horizon & Vista MS Counselors and CIS staff

present

Navigating Grief & Finding Hope in the Time of Covid

Zoom ID: 840 7952 1032

Passcode: breathe

<https://us02web.zoom.us/j/84079521032?pwd=SzVnNnZKWTVNR1hsUWdkOUowZVdBZz09>

Welcome!

Supporting Staff

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Agenda for tonight

Introductions

What is Grief

Losses due to Covid

Stages of Grief

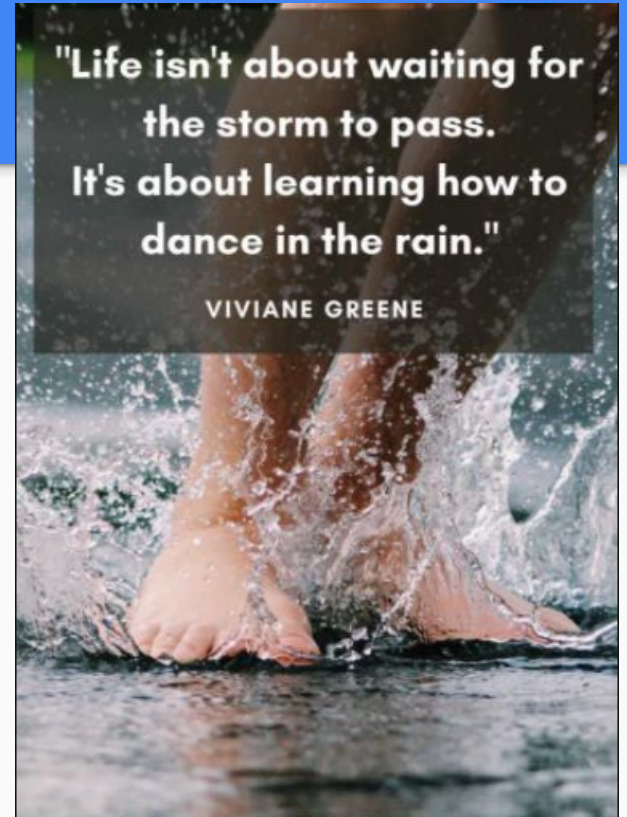
Coping and helping your family cope

Other Resources

Time for Questions

Type in the chat...

1. One fun thing you did as a family this winter break
2. What are you hoping we talk about tonight?



What is Grief?

Grief is a natural response to any loss or difficult change.

Common Losses:

- The death of a loved one - human and animal alike
- Separation or divorce of parents
- Moving to a new town or new school or new living situation
- Chronic illness or injury
- Job loss or employment change
- Children or siblings leaving home
- Covid and dealing with a pandemic

Why are we talking about grief and loss? Understanding it better can help you:

- Adjust to changes
- Understand feelings of fear, anger, loneliness and helplessness
- Recover and become a stronger person
- Learn and strengthen positive and healthy coping skills
- Support others having a hard time
- Understand what the heck is going on! (ie: Why am I so tired?)

Your tango

**GRIEVING DOESN'T
MAKE YOU IMPERFECT.
IT MAKES YOU HUMAN.**

SARAH DESSEN



Losses due to Covid/pandemic

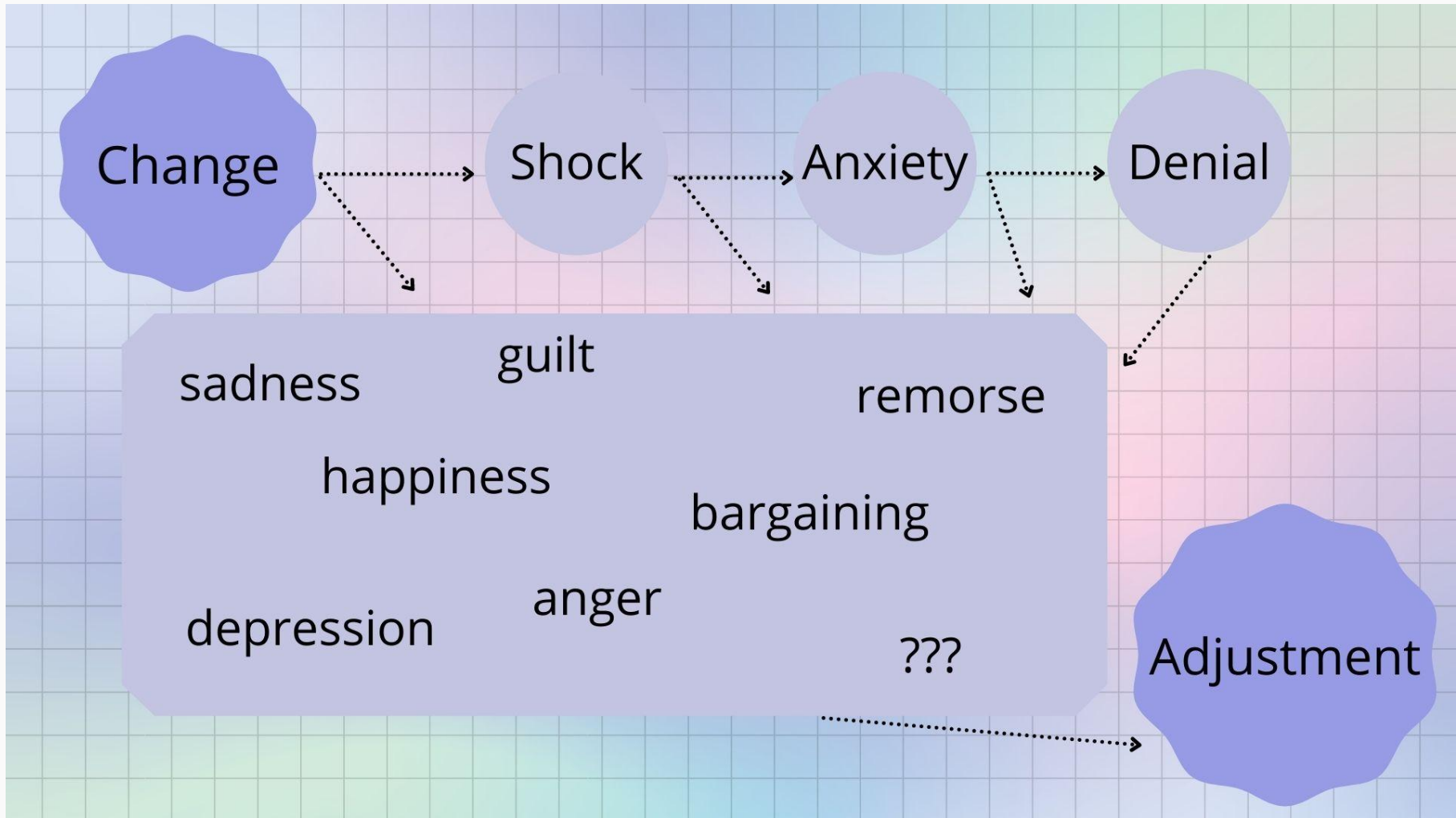
- Social connections with family, friends, classmates, teachers, coaches, etc
- Sports - miss the competition, physical activity, pride, being part of a team
- “Nothing” feels normal
- Missing electives like art, STEM, choir, band, etc
- Missing clubs and other activities like girl scouts, church groups,
- Lunchtime hanging out with friends
- Going to movies with friends and family, eating out
- Financial stress
- Habits are changing, not always good for health

Covid is a shared experience - we are all in the same ocean, but different boats....



480 x 305

Stages of Grief



Coping Skills

Healthy ways to cope with grief and loss

- Space for self reflection & reflection with others
- Acknowledge your pain
- Taking care of yourself physically/emotionally
- Important to have things to look forward to
- Building plans that are secure
- Normalize the ups and downs of emotions
- Find ways to have fun



How to help kids get connected:

- Holding space for them to share
- Reaching out to family and friends through phone calls or zoom
- Writing cards or letters to family and friends
- Encourage your students to turn on their camera during zoom meetings
- Many kids need to be active to engage: Sports/running/trampoline etc
- Important that they have a routine or school: chores/school work/free time/decent bed time/exercise/ mindfulness
- When they are struggling (especially with grief or anxiety), listen before giving advice
- Connecting with their peers

Bringing HOPE

- Goals + Agency + Pathways = HOPE
- Having an adult to mentor and support him/her
- Schedule and routine is very important
- Finding creative ways of expression: art/music/legos etc
- Affirming them regularly for progress they have made



Resources for more support

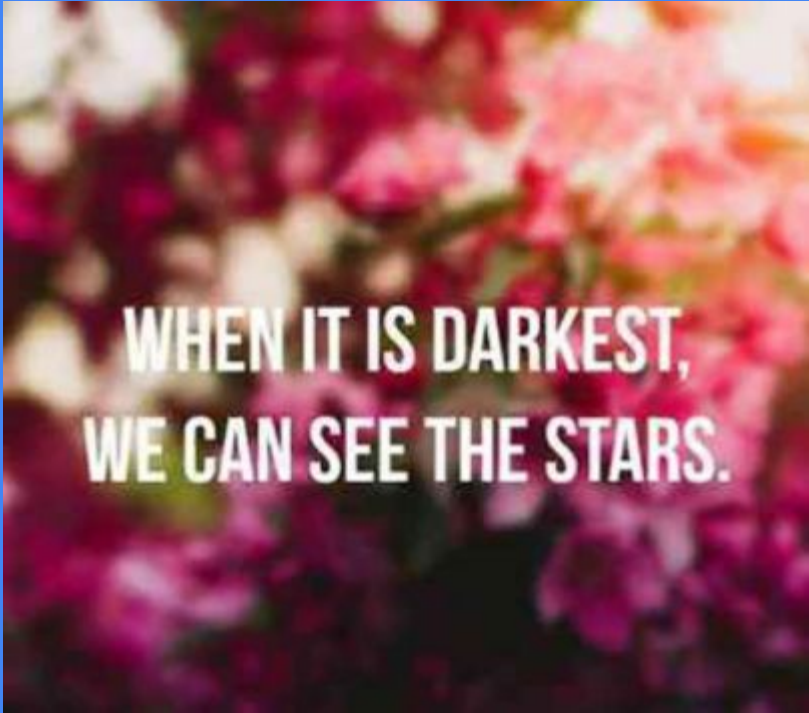
- 1) **Our TreeHouse** - youth & community grief supports
- 2) **7 Cups** - free online chatting emotional support
- 3) **Brigid Collins** - family support center
- 4) **National Alliance for Grieving Children**



Q&A



Thank you for
coming and
have a great
night!



**WHEN IT IS DARKEST,
WE CAN SEE THE STARS.**

ATTITUDE IS CONTAGIOUS...



IS YOURS WORTH CATCHING?

Grief and Loss

