
School Resources

Mr. Stephen Dimitroff
Principal
(716) 542-5030
sdimitroff@akronk12.org

Mr. David Brick
Assistant Principal
(716) 542-5030
dbrick@akronk12.org

Miss Britney Benthien
School Counselor (A-K)
(716) 542-5035 x5223
bbenthien@akronk12.org

Miss Nicole Johnson
School Counselor (L-Z)
(716) 542-5035 x5224
njohnson@akronk12.org

Ms. Jodi Patterson
Native American Student
Services Coordinator
(716) 542-5050 x5133
jpatterson@akronk12.org

Mrs. Kim Sorrentino
School Psychologist
(716) 542-5035 x5159
ksorretino@akronk12.org

Miss Lindsay Prout
School Social Worker
(716) 542-5070
lprout@akronk12.org

Community Resources

Crisis Services 24-Hour Adult Hotline
(716) 834-3131

Spectrum C.A.R.E.S. Youth under 18
24-Hour Hotline
(716) 882-4357

Helpful Links

The Dougy Center: The National
Center for Grieving Children and
Families

<https://www.dougy.org/grief-resources/>

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Student Guide to Grief and Loss



Everyone is impacted by death differently and while there are no right or wrong ways of coping with a loss, there are helpful and unhelpful ways to grieve. This brochure can help support and guide you through the process of healthy grieving.

How SHOULD I GRIEVE?

Everyone will grieve differently based on their personal and family experiences. However, the following are tips that can aide in healthy grieving:

- Stick to your usual routine with normalcy and structure.
- Practice self-care by eating healthy, exercising, and getting enough sleep.
- Get creative! Find time to journal or write, listen to or create music, do a physical activity, paint, draw, or animate, or meditate.
- Reach out to friends, classmates, teammates, or other peers for support as well as teachers, coaches, counselors, or other adults.

Helpful Tip:

Allow yourself to feel and accept whatever it is you are feeling whether it is sadness, anger, confusion, guilt, etc., without putting an expectation on yourself that you should or need to feel anything in particular!

NORMAL GRIEF FEELINGS

While everyone will have different reactions and experience different feelings, these are some typical feelings one may have:

Angry

Anxious

Confused

Depressed

Exhausted

Fearful

Guilty

Helpless

Hurt

Sad

Withdrawn

YOU HAVE THE RIGHT TO...

- Have questions answered honestly
- Be heard with dignity and respect
- Choose when and who you want to share your thoughts and feelings with
- Grieve in your own unique and individual way
- Feel any emotion you experience

FOUR TASKS OF GRIEF

There are typically four tasks associated with grief that one may go through, in no particular order, to complete the grieving process.

1. Accept the reality of death.
2. Acknowledge the feelings of loss.
3. Adjust to the changed environment without the deceased.
4. Emotionally relocate the deceased and move forward.