



# Conewago Valley School District Counselors' Corner

November 2018

Grief & Loss

## What is grief and loss?

Loss is a part of life, and grief is the natural response to loss, which is part of the healing process. It is the emotional pain and distress one feels when someone or something they love is taken away. The more significant a loss is, the more intense the grieving process will feel. One may associate grief with the death of a loved one, but there are other losses that may cause someone grief. This may include divorce/loss of a relationship, loss of health, loss of a job, miscarriage, loss of financial stability, loss of a pet, loss of friendship, loss of safety after traumatic event, or loss of a home. When someone experiences a significant loss, it can be one of the most difficult times in their life, so it is important to know how to support someone in their time of loss.

## What to do to support your child:

- Allow children who are grieving an opportunity to tell you what happened and how they feel.
- Help children put their emotions into words, and encourage the child to say what they are thinking or feeling.
- Talk about your own feelings with your child.
- Make sure you are patient and give them adequate time to work through grief.
- Tell children the truth about a tragedy so they are able to understand events and begin the healing process.
- Encourage children to ask questions.
- Do not minimize or dismiss grief, and the process.
- Understand we all grieve differently and there is no wrong or right way.
- Encourage children to work through their grief with positive coping strategies.
- Talk to your child about what to expect at funerals.
- Continue to respond to your child's emotions with comfort and reassurance.
- As a parent or guardian who is also dealing with grief, be sure to take care of yourself as well.
- Remember the loss. Share in as many positive memories and experiences as possible.
- Create rituals with child and family that help child feel connect to their loved one whom they lost.
- Teach child to live in the moment and cherish the times they had with their loved one but also the time they have with their loved ones now.

## Resources:

**UPMC Pinnacle Grief Support Group-Please call 717-316-6905.**

**Grief Recovery Outreach- 717-637-6259 @ St. Mark Lutheran Church Hanover, PA**

**Grief and Support Group at The Brethren Home Community- 717-845-8599**

**Olivia's House- 717-699-1133 @ Olivia's House, York, PA**

**Camp Dragonfly (Age 6-12)- 1-800-889-1098- Pinnacle Health Hospice**

**Camp Mend a Heart ( Age 6-13) - 717-391-2413 @ Hospice & Community Care**

**El Centro De Pathways para Duelo y Pérdidas cuenta con una Consejera de Duelo bilingüe, Deborah Gonzalez, MSW, quien está disponible para reunirse con personas que están sufriendo la pérdida de un ser querido. Puede llamar al (717) 391-2440 y dejar un mensaje confidencial en Español o si desea recibir el bulletin Caminos Hacia La Esperanza.**

## Contact Information:

### Elementary:

Conewago Township Elementary

Lisa Miller, [millerlisa@cvcolonials.org](mailto:millerlisa@cvcolonials.org) 624-2157 ext 8009

New Oxford Elementary

Roxann Hall, [hallr@cvcolonials.org](mailto:hallr@cvcolonials.org) 624-2157 ext 7009

### Conewago Valley Intermediate School

Becky Wildasin, [wildasib@cvcolonials.org](mailto:wildasib@cvcolonials.org) 624-2157 ext 4009

Abby Reichart, [reicharta@cvcolonials.org](mailto:reicharta@cvcolonials.org) 624-2157 ext 4010

### New Oxford Middle School

Laurie Miller [millerl@cvcolonials.org](mailto:millerl@cvcolonials.org) 624-2157 ext 3009

### New Oxford High School

Alexandra Heller [hellera@cvcolonials.org](mailto:hellera@cvcolonials.org) 624-2157 ext 2009

Shannon Webb [webbs@cvcolonials.org](mailto:webbs@cvcolonials.org) 624-2157 ext 2020

Mark Rodrigo [rodrigom@cvcolonials.org](mailto:rodrigom@cvcolonials.org) 624-2157 ext 2011