

# WHY IT Matters

While grief is a common experience, it can be a devastating event to a child. The death of someone important to them shatters kids' understanding of the world and their sense of security and safety.

For children, unconditional support is central to how the death of a loved one impacts the rest of their lives. But the places kids spend most of their time aren't set up to support them in that way. That is why Good Grief is so important to this community. Our peer support groups give kids the space and time they need to process their grief.

Because how we talk to children, how we hear their experience of grief, and how we support them through their grief is important. At Good Grief we know how to listen, what to say, how to say it, and how to respond to young people who are grieving. **And there is never a cost to participate.**



We can't take away the pain of losing a parent or sibling, but through fostering understanding and expression of their feelings of grief, we can help grieving kids develop awareness and specific coping skills that will serve them into adulthood and will help them be much less likely to rely on un-healthy or negative ways of dealing with the death of someone important to them.

For nearly two years, we've been constantly updated on the number of people who have died from COVID-19 – in our town, our state, our country, the world. What we aren't talking about –but is just as striking– is the number of people who are now grieving those who have died. In the U.S. alone, the number of people who have lost a close relative—a child, sibling, spouse, parent, or grandparent—to COVID-19 is thought to be about 6.5 million.

This crisis may have expanded our collective awareness of what loss and isolation feel like, and the relief we feel in returning to normal. But for grieving young people, returning to a regular routine does not equal normal.

You can help. Your gift supports our program of peer-based grief support. And it's important work. Because when kids have healthy, supportive ways to cope with grief, they learn to adapt to their new circumstances and become more resilient and find their way to a new "normal."

*How we support them through their grief is important.*

