

*Grief Support for Children,
Teens & their Families*

Short Term Signs of Grief

- Nervousness
- Nightmares or reoccurring dreams
- Depression or withdrawal
- Hyperactivity
- Expressive anger or uncontrollable rages
- Inability to concentrate (especially in school)
- Over-dependency on one person
- Frequent illness

Possible Long Term Effects

Without help, the effects of unresolved grief may continue for generations.

- Substance abuse
- Suicide
- Eating disorders
- Chronic depression
- Difficulty with vocational success
- Inability to find joy in life
- Violence
- Difficulty maintaining relationships

Source: *Never the Same: Coming to Terms with the Death of a Parent*, By Donna Schuurman

The Chaplaincy's Mission

The Chaplaincy offers four primary services: Chaplain services, Clinical Pastoral Education, Grief support and Hospice care.

Our mission is to serve others with impeccable spiritual, emotional and physical care. We focus on the whole person - meeting the medical, emotional, and spiritual needs of patients and families. We believe that through skilled and supportive care, people can approach a life-limiting illness with comfort and dignity.



Cork's Place helps grieving children and teens feel less alone or "different."

Cork's Place is...

- a **safe and nurturing environment** where hurting children, teens and families can share experiences, support one another and find comfort as they move through the difficult process of emotional healing.
- a **place that empowers** children, teens and families to lead productive, joyful and healthy lives.
- **staffed by professional grief counselors** and trained volunteers.
- the **only facility in our area specifically designed for children and teenagers**, ages three through eighteen, who are grieving the death of a loved one.
- a **place that fosters in-depth conversations** as well as artistic and physical activities that allow children and teens to express their emotions.
- for **parents and caregivers** who are encouraged to participate in group meetings focused on the emotional needs of hurting children and teens while they move through their own healing process.

Cork's Place Features

Cork's Place encourages powerful feelings and energy to be released in a way that is positive, focused, and therapeutic. Healing spaces include:

- **Group Circle Room** – This area facilitates comfort in sharing and provides the transition space into and out of Cork's Place activities.
- **Dramatic Play Area** – Children are able to utilize puppets, clothing, and role playing resources to process their grief through imaginative and social play.
- **Art Room** – Arts and crafts serve as a medium for children and teens to express their thoughts and emotions through creativity.
- **Activity Room** – A multi-purpose room where youth connect with one another through music, board, and table games.



- **Volcano Room** – A well-padded room that includes a punching bag and gloves that help children and teens release big energy in a safe and monitored setting.
- **Paint Splatter Room** – In this room children and teens can release big emotions through free-format painting.



Cork's Place is a safe and caring environment staffed by professionals and trained volunteers.



Heather
Program Coordinator



Wanda
Bereavement
Coordinator

Come when YOU need us and leave when YOU'RE ready · (509) 783-7416