

Courageous Kids

A Grief Support Program for Youth



Courageous Kids Believes

Grief is a normal response to the death of a loved one. Children grieve as intensely as adults but in different ways. It is essential for the healthy development of a child to grieve a significant loss.

Healing from a painful loss is possible with support and acceptance.

Children need support that is appropriate to their developmental stage.



PeaceHealth



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KIDS**
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Why young people need help with bereavement

We know that children and teens who don't grieve the death of someone significant in their lives can develop physical and emotional problems throughout their lives. Adults may sometimes try to protect children from the facts of death, feeling that they are too young to understand or will become too upset. Kids often want to protect other grieving family members from their own distressing thoughts and feelings. A neutral and supportive setting at Courageous Kids allows kids to speak freely, to experience that there are other youth with similar situations, AND it enhances communication between family members at home.

How Courageous Kids works

Courageous Kids provides a safe, confidential environment designed to normalize feelings and help children and teens express and process grief. Courageous Kids accepts referrals from parents or guardians for children and teens age 6-18 and their families. Concerned family members, teachers, school counselors, ministers, health care providers or other agencies can encourage parents or guardians to contact the Courageous Kids program. Following a referral, the children and/or teens and their parent or guardian meet with a Courageous Kids staff member to discuss the program and each young person's needs.

Programs we offer

- **Courageous Kids Camp** is an annual event that takes place for four days in the summer. Camp activities include art, drama, music, challenge activities, swimming, playing and campfire.
- **Courageous Kids Groups** is a weekly grief support meeting for children and teens age 6-18 and includes art, drama, discussion and memorial activities.
- **Courageous kids in schools** partners with local schools to provide groups in the school on an as needed or requested basis.

To Learn More About Courageous Kids

If you would like more information, or are interested in making a financial contribution, please contact:

458-205-7474 ■ peacehealth.org/courageous-kids