



The Center for Loss and Bereavement

The Center for Loss and Bereavement, Skippack, PA, is a trusted, local non-profit organization that provides professional counseling, support services, and education for families, individuals, and organizations seeking resilient guidance and connection when confronting loss. If you are unfamiliar with us, please visit our website @www.bereavementcenter.org.

SPECIAL UPDATE ON GRIEF RESOURCES FOR YOUR SCHOOL

We invite the opportunity to support your efforts in providing students, their families and your staff with resources you may need while developing plans for the Fall during this pandemic. So much is being asked of you as educators. By partnering with our Center to provide some of these services suggested for those grieving, you will help reduce anxiety, relieve stress, and most importantly, benefit the educational, emotional, psychological and physical well-being of your entire school community.

Specialized Collaboration for Preparation

- **ABC's of Children's Grief** professional training, offering strategies and resources, tailored to this time of COVID-19. Increases general grief awareness and understanding.
- **A strategy discussion on How to Facilitate a Grief Support Group** in your school
- **An interactive workshop to develop Notifications and Plans.** Our staff will help your school develop tools to have ready in the event of the death of a student, teacher, staff, readjustment to class after loss.
- **Training in Anxiety, Depression, and other Red Flags of Loss** (death and non-death related)
- **Utilizing our After the Bell Support Group**, where school personnel can find support from peers in coping with issues impacting their work (death of student/staff member, loss of faculty connections, personal grief triggers, burnout from loss overload, etc.). Our Center will provide this virtual option as interest is shown.

Professional Partnership for Postvention

- **Peer Grief Support Groups**
 - Students may join an age-specific afterschool or evening support group offered through our *Nello's Corner* program, at no cost (currently virtual). Parents/Guardians also have an opportunity to attend a caregiver group as often as every other week. If you obtain permission to share family contact information with us after you learn of a loss, we will reach out to them.
 - We will facilitate or co-facilitate with a designated school staff person, *peer grief groups specific to your school or district populations* (at your site or virtually)
- **An Adult Mixed Loss Grief Support Group** offered virtually by our Center for any of your staff to join if they wish support following a recent death during this time of the pandemic. The Center also offers loss-specific groups.
- **As a resource**, our Center has 8 licensed professional therapists who are specialized in the field of grief and loss, accepting clients for individual, couple and family therapy. (currently virtual; fee for service, sliding scale available)

Increased Education and Resilience Building

- **Parent/Guardian Information Forums**
The understanding and support offered by a primary caregiver is the greatest resource a grieving child can have. We can share practical tools for strengthening resilience and self-care during this time of uncertainty for families.
- **Centered Conversations**
Arrange a Q&A with members of our staff to have those issues and questions most important to your staff directly addressed
- **Creating a Safe Space for Students** Designed to help teachers recognize and respond to student grief, anxiety, triggers and red-flags during the pandemic
- **Specific trainings and events** tailored to the unique needs of your school can be developed with our staff



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