

FAQs

For more information:

2018 Children & Teen Grief Support Services

Please contact our Bereavement Coordinator Jamie Siela LISW, CT at (319) 369-7744 or jamie.siela@unitypoint.org.



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The point of unity is you.

unitypoint.org

How can I support a grieving child?

Ask open-ended questions, some examples include:

- I am feeling sad about “person’s” death today. I wonder how you are feeling?
- What do you miss the most about “person”?
- What would you like me to know about how you are feeling right now?
- What are some of the best memories you have with “person”?

What are some activities I can do to help my child/ teen mourn the loss?

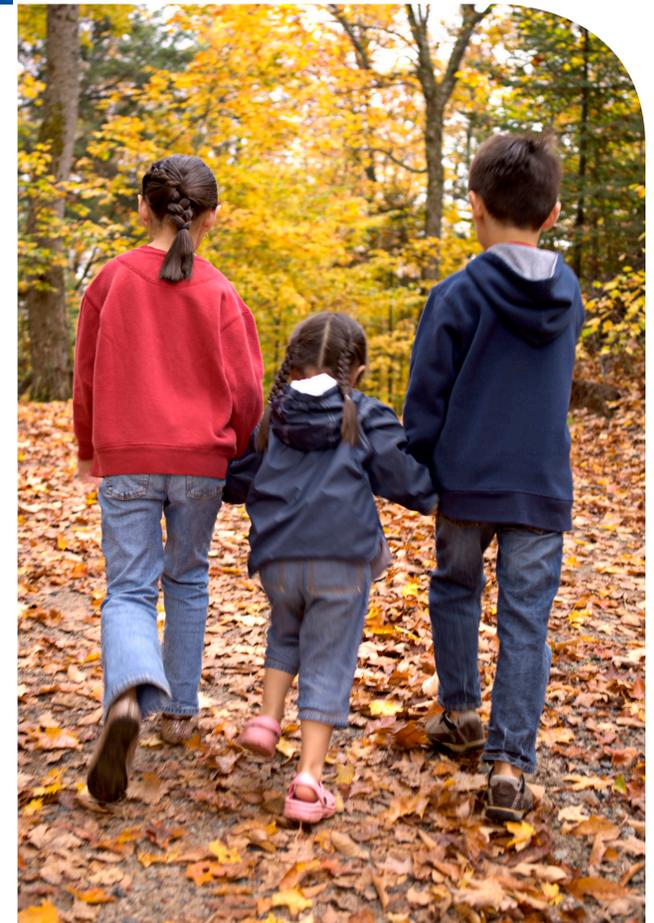
Help the child find a linking object that represents the connection between them and their loved one. Examples might be a photograph, an article of clothing, piece of jewelry, a stuffed animal. A physical tangible object for them to have that reminds them of that person.

Create a memory journal: spend time remembering moments with their special person. Create a collection of these moments that the child can look through and remember their loved one.

When should we seek support from professionals?

You may seek advice from a grief professional at any time however here are some sign that more intense support may be needed for your child:

- Dramatic changes in behavior
- Isolation: If the child/ teen is seeking prolonged isolation
- Depression: prolonged feelings of sadness
- Death wishes: if your child/ teen is verbalizing suicidal ideation- Get immediate help from a professional



Family Centered Grief Services



Free Community Programs

UnityPoint Hospice Bereavement Services are open for all children and the families that support them. Supporting children through grief can be a challenging task especially when many adults are unsure of how to grieve themselves. Our services incorporate the whole family system as we recognize that most of a child's questions will come up when professionals are not present.

We hope to provide parents and caregivers the tools to support kids through the entire grief journey which will continue on as the child grows and their understanding of death continues to change.

Private movie showing • Saturday, February 24

Experiencing a wide range of feelings is a normal and expected part of the grief process. Join us for a child friendly movie showing at Collins Road Theaters, popcorn and a drink provided. We will have a brief informational gathering after the show to answer any grief related questions and offer support.

Love Lanterns • Saturday, May 12

Join us for an evening bonfire and s'mores in a remembrance gathering for loved ones who have died. We will have traditional campfire songs as well as a music therapy session for the whole family. In closing we will let off "Love Lanterns" in memory of our special persons.

Cookies and Canvas • Saturday, July 21

We will meet at New Bo City Market for a painting event and cookies. Art can be a great tool in expressing emotion and grief. Each child will create a painting guided by an group instructor. Caregivers are invited to work with the kids on their creation. Cookies and grief information will be provided after our painting session.

Camp Embracing Memories • Saturday, Sept. 22 & Sunday, Sept. 23

Camp Embracing Memories is a unique overnight camp for children ages seven through 16. UnityPoint Hospice is excited to offer this *free* children's grief camp for a ninth year. The only overnight camp of its kind in eastern Iowa, Camp Embracing Memories is designed to help children and families effectively cope with the death of a loved one or friend in a safe, accepting environment.

Our services are free and open to anyone in the community, events and activities are more appropriate for some ages so please call to verify an event will meet your family's needs. **RSVP is required for all events.**

To register please call (319) 369-7744

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