

## Grief Support in Schools

The Academy offers support to students and staff in schools at all grade levels (pre K-12) through our **School Grief Groups, Crisis Response** and **Professional Training**. Please call the Hamilton's Academy of Grief and Loss at (515) 697.3666 for more information or if you are a professional seeking grief support in your school.

### School Grief Groups

- The Academy offers school grief groups for school-aged students, providing grieving students the opportunity to connect with their peers as they learn and grow through their grief together at school.
- The six-week curriculum aims to help children understand and normalize their own grief experiences, while also providing tools for coping.
  - Session 1 – This introductory session focuses on helping the children get to know each other and the facilitators. Students are engaged in a discussion about grief: its definition, causes, manifestations and duration. Students also share the loss that brings them to the group.
  - Session 2 – Students continue getting to know one another and the facilitators. They are instructed to get creative and draw their most significant loss and begin sharing their pictures.
  - Session 3 – Students complete a “my story” activity, where they have the opportunity to write about their loss experience and share with the group. This opens up for a great discussion on anger, which is a gateway to Session 4’s topic.
  - Session 4 – Students are engaged in a conversation about anger and together, develop a list of “things that help me on really tough days” which is compiled, printed, and distributed to students.
  - Week 5 – Students are instructed in advance to bring a “special memory item” in honor of their loved one who died. We discuss the importance of honoring and hold a “Sharing Time” as a group, giving each student the opportunity to talk about his or her special memory item.
  - Week 6 – Students are invited on a field trip to visit one of Hamilton’s funeral home locations for an educational tour.
- This service is offered free of charge to any school (pre K-12) in the community.

### Crisis Response

- The Academy is available to respond to crisis situations when a death occurs in the school community.
- The Academy provides and facilitates grief support in a group setting to students and staff alike.
- This service is offered free of charge to any school (pre K-12) in the community.

### Professional Training

- The Academy offers training to school faculty and staff for any grade level.
- Training will equip school staff to help grieving children, providing education centered on developmental considerations and practical suggestions for supporting children in grief.
- Professional Training is based on a sliding fee scale.

### Printable Resources

- The Academy is pleased to offer a variety of printable resources pertaining to children and grief, as well as grief support in schools. You may view/print these resources from our website:  
[www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com)