

# SORROW, LOSS & GRIEF TOOLKITS



As a community of people we have so many differences. Differences in our family makeup, our history, our ethnicity, our interests, and our hurts, all make us unique and these unique elements we celebrate. As different as we can at times all feel, there is one aspect of life we will all share, and that is grief. Grief is the process we go through when we lose someone we love, when we lose the future we thought we or someone we love can have, or when we move on from relationship or circumstance. Grief can be overwhelming at times, it can feel like a rogue wave, or at times like a thousand cuts. There is no correct way to grieve, no linear process that we can expect, and this is what makes grief so difficult. Below are a list of toolkits that can be used with ourselves, our families, our community, or our children, to begin to make sense of grief. There is often nothing that can be said to remove the process from in front of us, but take comfort in knowing you are not alone, not in grief, not in life.

## For Young Children:

<https://www.sesamestreet.org/toolkits/grief/>

*Use these tips, videos, children's story, and guide to help your family communicate.*

## For Youth:

<https://good-grief.org/wordpress/wp-content/uploads/2019/06/Children-and-Youth-Toolkit.pdf>

*Good Grief provides direct support to grieving children and youth, educates communities, and advocates on behalf of the bereaved.*

## For Adults:

<https://www.lifeline.org.au/static/uploads/files/coping-with-sorrow-loss-and-grief-wfcexsgmkxay.pdf>

*A self-help resource to help people trying to cope with sorrow, loss and grief.*

## For School and Community:

<https://www.dougy.org/grief-resources/school-community-toolkit/>

*An online resource designed specifically for teachers, administrators, school counselors and community organizations.*

## For Families:

<https://www.thefyi.org/toolkits/grief-support-tool-kit/>

*Resources to help those in the midst of grief. It's hard to know where to turn to for help, but it's important to know that there are supports and resources available.*



Contact for Questions or Additional Information:

Matthew Reddam, LMFT | [mreddam@bcoe.org](mailto:mreddam@bcoe.org)

School & Community Wellness Advisor, Butte County Office of Education