

## Supporting Kidds

The Center for Grieving Children  
and Their Families



### When Grief Comes to School: Back to School Following a Loss by Dr. Malina Spirito, Clinical Director

As the summer quickly speeds by and the familiar "Back to School" jingles appear on the television, grieving families are faced with yet another hurdle to clear in their journey through loss. Going back to school after experiencing a major loss or death can feel daunting, even for the most diligent and eager student. As the Clinical Director of Supporting Kidds, I regularly encounter children and families grappling with the challenges of managing school demands in the face of grief.

Consider these thoughts as you prepare for the back to school season (and please attend our free "Back to School Night"):

**1. Kids do best when they know what to expect.**

Returning to school represents, for many children, a change in routine. This transition can be a challenge for anyone, but especially for the grieving child who is grappling with relocating a sense of safety and predictability in a world that has been, in many ways, turned upside down. [Click to continue reading.](#)

### Back-to-School Night

Wednesday September 5, 2012 from 6:30-8pm



Going back to school after a death can be a scary and overwhelming time. Join us for this special one-night support group to find ways to manage grief while adjusting to a new school year. Children will work in small groups with same-aged peers. Adults will discuss ways to support their children coping with a new loss as they return to school.

Open to grieving children ages 5-18 and their caregivers. FREE, but please [RSVP](#) to register.

### Summer volunteer opportunities

Come spend a few hours with us on August 22, anytime from 11am-4pm. We will be organizing supplies, cleaning, doing office work, painting, and/or weeding. Please RSVP. Or, you can gather your own team and call us to schedule a day. We also need help staffing our booth at Newark's Community Day, September 16th.

**Save the Date: Sunday November 4th**

### Healing Pathways Support Group

This bereavement support group runs for 6 consecutive Wednesday evenings, from 6:30-8pm, beginning September 19th.

Children ages 5-18 meet with their peers, while their caregivers meet separately. Healing Pathways is for children who have lost a close relative.

Please register [here](#)  
or  
call 302-235-5544.

### Come Tour Our House

This is a great way for you, or a friend, to learn more about Supporting Kidds.  
*Upcoming dates:*  
Wed. Aug. 22, 12pm  
Thurs. Sept. 20, 10am  
Thurs. Oct. 18, 7pm  
Please [RSVP](#)

### Stay Connected



Be sure to view our video on YouTube!

We are hosting our first children's art show, in conjunction with Grief Awareness Week. The "Expressions of Grief" Art Exhibit will feature art, music, and/or poems from local schools with the theme of coping with grief and loss. Please encourage your school to get involved. [Click here](#) for the details and the invitation to schools. The art exhibit will be at Supporting Kidds from November 4th -9th, and the opening party will be November 4th from 12-3pm. Contact us for more information or to get involved.

### Join the Committee

Would you like to help make the "Expressions of Grief" Art Exhibit a great success? Are you well-organized? Are you an artist or teacher? Do you have connections at local schools? Do you like to organize parties? Can you help with publicity or obtaining sponsorships? If you answered yes to any of these questions, please come to our first committee meeting, Thursday August 16th, at 5pm. Contact Carol to RSVP for the meeting, to get more information, or if you want to participate but can't attend the meeting, 302-235-5544 or [cboncelet@supportingkidds.org](mailto:cboncelet@supportingkidds.org).

### Recent Grants Received - Thank you!

\$1,530 from the [Wilmington Flower Market](#). This will be used for supplies for our Healing Pathways support group this Fall.  
\$1,000 from the [Knights of Columbus \(Coffee Run Council\)](#) for general operating support.

Thanks for your interest and support,  
Dr. Stephanie Traynor, PsyD, MBA  
Executive Director

### Supporting Kidds

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1213 Old Lancaster Pike, Hockessin DE 19707  
302-235-5544, [Email](#)  
[www.supportingkidds.org](http://www.supportingkidds.org)

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Supporting Kidds  
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