

**P**romise me you'll always remember:  
 You're braver than you believe, and stronger than you seem,  
 and smarter than you think. Christopher Robin to Pooh - A. A. Milne

## Grief Support Resources for Kids and Teens

Kids and Teens experience grief differently than adults. Some want to talk about it. Some don't, but may still want to be around other Kids and Teens who are going through the same thing.

Throughout our state, a variety of resources are available.

### TRU Community Care

- Glassblowing
- Day of the Dead Workshop
- Healing with Horses
- Hiking Group
- Father's Day Event
- Mother's Day Event
- Nature Day Adventure
- Kids / Teens / Parents Groups

Groups are open to all and free of charge. Short-term individual counseling is available for TRU Community Care kids and teens.

### Other Resources

#### Denver Wheat Ridge Greenwood Village Aurora

- Judi's House
- Starfish
- Dragonfly Program
- Denver Hospice Footprint Program

- Kids Alive
- Shimmering Wings
- Children's Hospital
- Philippe Center
- Heroic Journey Outward Bound

#### Grand Junction Eagle Evergreen

- Hope West
- Camp Good Grief
- Hospice of the Valley
- Camp Comfort
- Camp Erin

#### Colorado Springs Pueblo

- Sangre de Cristo Hospice
- Pikes Peak Hospice



Kids and Teens are touched by grief in many different ways when a big change happens, like having a special person die.

Grief can affect how they...

- REACT**  
headache  
stomachache
- THINK**  
lots of questions  
can't concentrate
- FEEL**  
waves  
rollercoaster
- RESPOND**  
may take time  
may not have words
- PROCESS**  
art  
play



a nonprofit organization founded as Boulder County Hospice in 1976

For more information, contact Kate Dalla Betta at TRU Community Care 303.604.5330 or katedallabetta@trucare.org