

## Helping The Grieving Child and Teen

- Provide factual information about the death.
- Teach loss as part of life.
- Seasonal changes are an opportunity to introduce the finality of life and death.
- Explain plans for the visitation, memorial, funeral, or Shivah - allow choices.
- Inform the child's or teens teacher or counselor.
- Work together with school personnel.
- Allow and encourage children and teens to express feelings through art, play, writing, or other expressive means.

## Volunteering Time To Help Grieving Children and Families

The Solace Tree has met the needs of hundreds of children and family members. There would be no Solace Tree without the commitment of volunteers who have come forward to work with these families in grief.

The volunteers enable the children and adults to talk about the things they can't talk about at school or with peers. It is the volunteers in each group that provide safety for the children and families to share their grief.

*"The best thing for me was knowing that I wasn't the only one who had someone die."*

*- A Solace Tree Participant*

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The Solace Tree  
P.O. Box 2944  
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# THE Solace Tree

for grieving children, teens  
and families

CELEBRATING  
5 YEARS



## Helping Children and Teens Cope with the Death of a Loved One

The Solace Tree 775.324.7723 • FAX 775.324.7725 • [www.solacetree.org](http://www.solacetree.org) • [info@solacetree.org](mailto:info@solacetree.org)

# Peer Support Groups

Children ages 2 to 18 and their parent or caregiver who have experienced the death of someone they love participate in peer support groups twice a month.

**There is no fee for participation.** Peer support groups are open-ended; participants may join at any time. Children and teens decide their length of participation. If you would like to join a grief support group or for more information call 775.324.7723 or email info@solacetre.org.

**For children and teens:** Groups are open to those who have lost a parent, caregiver, sibling, friend, grandparent or relative.

**For adults:** Parent/Caregiver groups are open to those who have lost a child, or spouse. Adult groups meet while the child and teen groups are meeting.

***"I can finally talk about my grief with other kids who have lost a parent."***

***-Twelve-year-old participant***



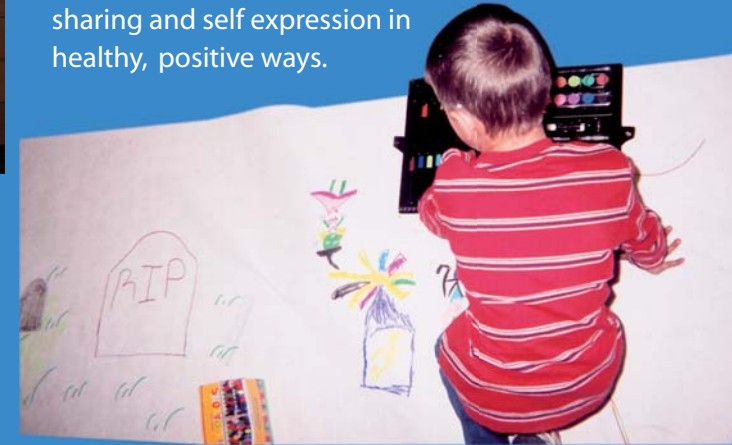
**Participants making quilt squares at Camp Solace**

## The Solace Tree Offers

- Peer support groups for children and teens
- Volunteer training
- Lending library
- Spanish Language Services
- Family consultation
- Continuing Medical Educations
- Continuing Education Units
- Community outreach
- Grief workshops
- Grief camp
- Speakers bureau
- Childrens Bereavement Network

# Hope and Healing

After a death, grieving children and adolescents must make their way in a world marked by intense sadness, loneliness, and emptiness. Eventually, feelings of loss including anger, guilt, resentment, fear, social withdrawal and depression may surface in unhealthy, unresolved ways in weeks, months, and even years following a death. The Solace Tree gives children and their families many opportunities for sharing and self expression in healthy, positive ways.



## Supporting The Solace Tree

The Solace Tree exists solely through the compassionate support of our community. Please help us fulfill the mission of supporting grieving children, teens and their families. Your money directly benefits local children and teens.

\_\_\_ I'd like to make a financial contribution to The Solace Tree with a gift of \$ \_\_\_\_\_

\_\_\_ I'd like to become a Solace Tree volunteer.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please make checks payable to Solace Tree, Inc. and mail to The Solace Tree, P.O. Box 2944, Reno, NV 89505  
The Solace Tree is a 501 (c)(3) nonprofit organization and does not charge a fee for its services.