



Our **Langley Hospice Society's** Child and Youth Bereavement Program has two full time staff to meet the needs of our growing community.

Staff provide one-to-one and group support programs for children and youth who have experienced the death of a significant person, as well as education and training for parents, caregivers, schools, and other individuals or organizations who work with youth.

Langley Hospice also offers an 8-week Training Program "Supporting Grieving Children and Youth " employing art and play-based activities; available twice per year.

For more information, contact:
childandyouth@langleyhospice.com

Our Mission Statement
Langley Hospice Society, is a community-based, non-profit organization, that provides compassionate support to help people live with dignity and hope while coping with grief and the end of life.



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Langley Hospice Society was incorporated in 1983

Registered Charity Number:
11900 5353 RR0001



Child & Youth Bereavement Programs



Grief support programs for children and youth impacted by the loss of a significant person in their lives

All Services are Free and Confidential

www.langleyhospice.com

Child and Youth Bereavement Support

Programs operate year-round through the [Langley Hospice Society's](#) Supportive Programs Centre and on the surrounding grounds, and are free of charge. They include one-to-one and group support, as well as seasonal day camps and an overnight summer camp program in Aldergrove each August for children who attend our programs.

Grief is a natural reaction to loss. It is the normal process that occurs after a person has experienced the death of significant person.

Children and youth express grief differently from adults, and may have different responses. The type of support they receive during their bereavement can impact their health, social relationships and future success in school and employment.

[Our Guiding Principles for working with the children and youth we serve are that...](#)

- Every child is entitled to grieve in a supportive, informed and understanding environment.
- Open communication about death and grief helps children to heal from loss.
- Children naturally process their grief through creative, recreational and play-based activities.

Child and Youth Loss Support Groups

Our [Langley Hospice Society](#) staff and volunteers create a safe, supportive environment where children and youth grieving a loss can come together and share their experiences by using a variety of activities to help express themselves such as art, play, memorial making and outdoor recreation. This helps decrease the isolation and loneliness they often feel after a loss.



Program Goals

- Providing safe, hands-on learning opportunities for children to express their feelings of grief
- Decreasing the isolation and loneliness children often feel following a loss
- Encouraging children to process their grief through a variety of friendship-building and grief-related activities
- Creating a place where children and youth who have similar experiences come together to support each other

How Children Express Grief

Children and youth express grief differently from adults, and may have different responses...

- Children move in and out of intense feelings, rather than sustaining high levels of one emotion for long periods of time
- Children have a natural ability to play-out, or act-out their experiences
- Developmentally, children and teens are more egocentric; they are more dependent on adults for their survival needs.
- Children and youth are flooded with very powerful emotions that they may be experiencing for the first time.
- Children may not know how to verbalize or understand these feelings so they are often acted out in behaviours.
- Youth have often been conditioned to view feelings as vulnerable and often trying to avoid them by bottling them up, or burying them.
- Children and teens often regress emotionally to an earlier age. This indicates their need for safety, nurturing and comfort.

