

## **TEENAGE GRIEF**

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**Teach teens about common grief symptoms to reassure them that they are not going crazy; they are grieving**

**Expect mood swings, anger, resentment, acting out behaviours and regression**

**Each teen's grief journey is unique**

**Never discount or judge their emotional reactions**

**Allow as much time as they need for their grief process**

**Generate a support system for them**

**Educate others about the unique nature of teen grief and what helps**

**Grief bursts or "memory embraces" can be triggered anytime by sights, sounds, smells and the written word**

**Recognize warning signs that indicate a teen needs professional help**

**Investigate online grief support: [www.soul2soul.ca](http://www.soul2soul.ca); on-line memorials**

**Encourage them to join a bereavement support group, as peer support is invaluable**

**Focus on creative mourning rituals and commemorative activities**