
The Nightingale Centre

for Grieving Children, Youth, and Families





The
NightingaleCentre
For Grieving Children, Youth & Families

Free Educational Event:

“I Don’t Know What to Say!”

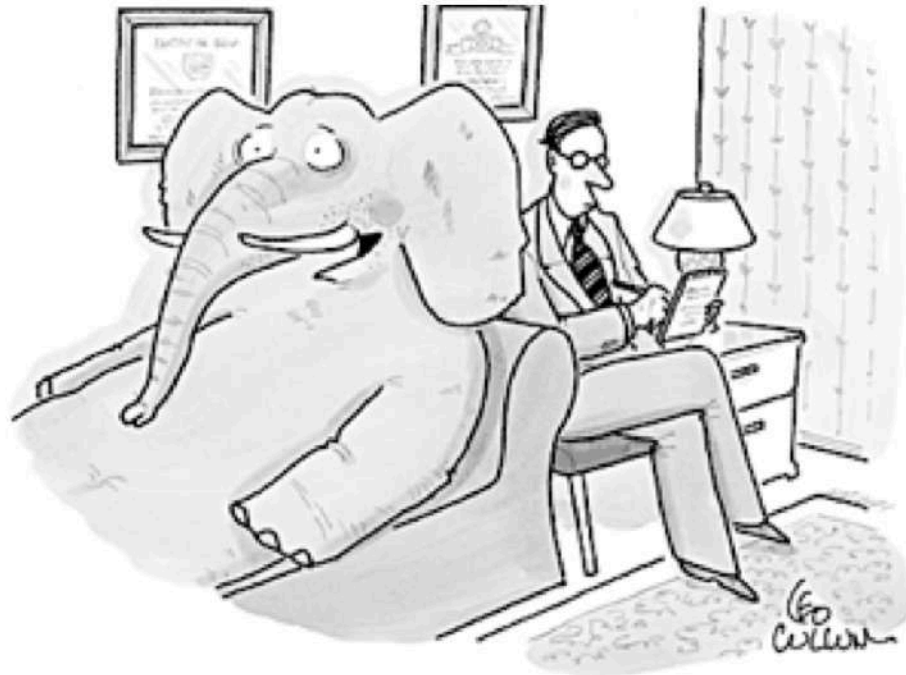
Strategies For Supporting Someone Who is Grieving a Death

with Andrea Warnick, RN, MA, Registered Psychotherapist

Goals for the Evening

- Identify how grief can show up and impact us
- Highlight practical strategies for supporting someone who is grieving
- Identify what not to do when someone is grieving
- Provide an update to The Nightingale Centre for Grieving Children, Youth, and Families (Dr. Laura Brown)
- Question & Answer





***“I’m right there in the room,
and no one even acknowledges me.”***



Grief is *Part* of Life

- ✦ Dying is part of the natural life cycle – not just a medical failure
- ✦ Alienation from death and grief creates challenges for those who are dying and those who are grieving
- ✦ Grief is a natural response to loss – it doesn't need to be fixed





Some Grief Theory



What Grief is Not

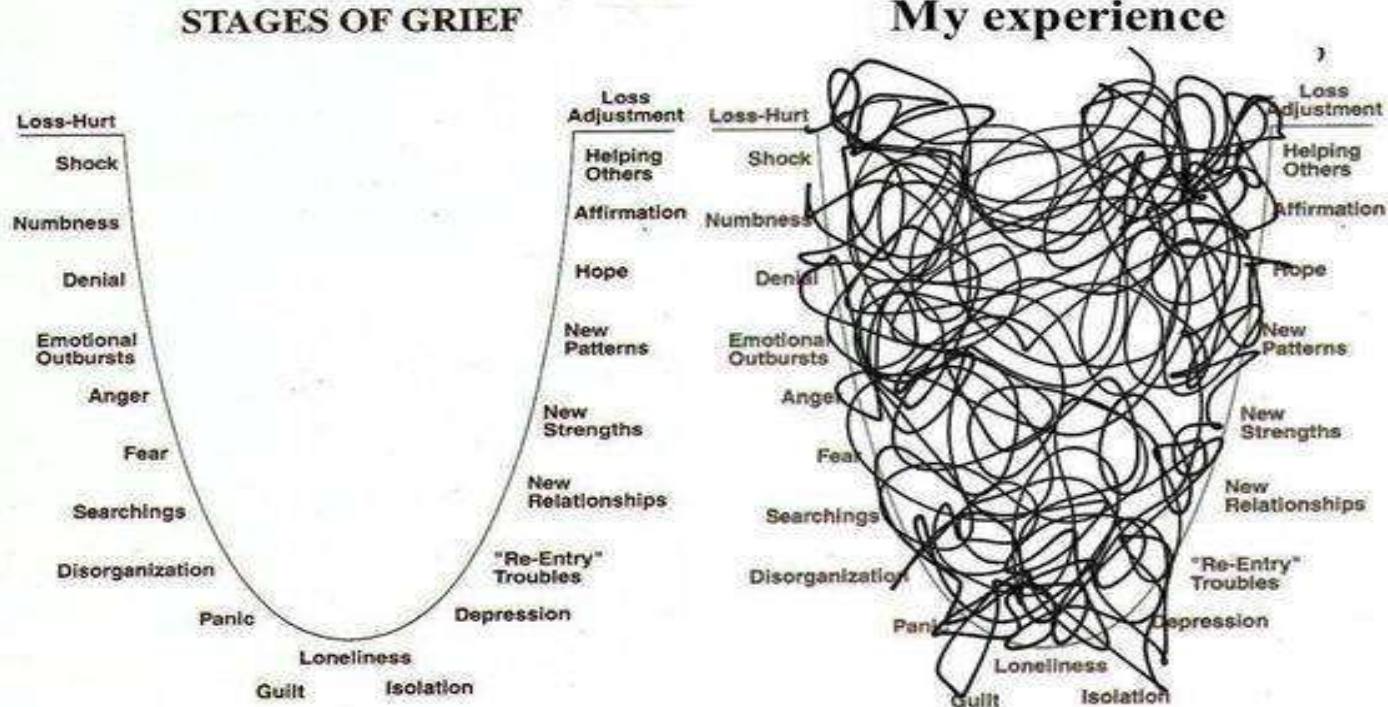
A Predictable Set of Stages



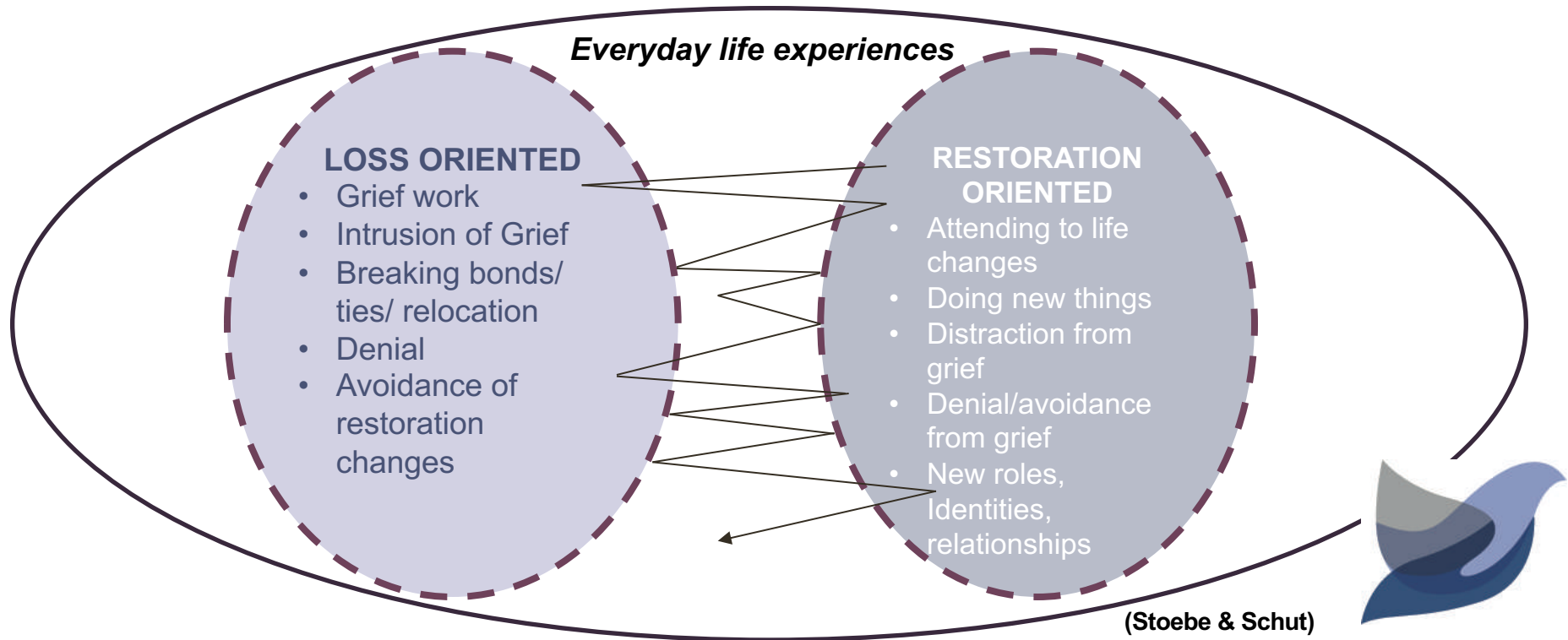
Grief is a process... Not an event



And the Process is Really Messy



The Dual Process Model of Coping with Bereavement



Grief Affects Every Part Of Our Being

New Grief

+

Old Grief

Spiritual

- *Lean on faith*
- *Question faith*

Physiological

- *Pain in the body*
- *Headaches*
- *Sleep disturbances*

Social

- *Who shows up? Who doesn't?*
- *Isolation*

Behavioural

- *Self Medicating*
- *Anger*
- *Dependent behaviour*

Psychological

- *Inability to concentrate*
- *Am I crazy?*



“No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness...” C.S. Lewis



And We Have Different Styles of Grieving

Intuitive Grief



Instrumental Grief



We do not all grieve alike, some grieve in an emotional way, while others are more cerebral.



Partner Oriented Self Regulation (POSR)

One partner's POSR is associated with an increase in his or her own grief AND an increase in the partner's grief.



Worden's Tasks of Mourning

Task #1



To Accept the Reality of the Loss

To Work Through the Pain of Grief

Task #2



Task #3



To Adjust to an Environment in Which the Deceased is Missing

To Find an Enduring Connection with the Deceased While Embarking on a New Life

Task #4



Adapted from *Grief Counseling and Grief Therapy*, 3rd ed. by J. William Worden (2005)
<http://www.grief.com>



Grief Is A Healthy And Natural Response

- Grief is a natural response to a significant loss
- Most grief is not pathological
- To suffer well is an active, not passive, process



WAYS To Help



The Power Of Language

Don't be afraid to use:

- Dying
- Death
- Died

Try to avoid:

- Gone
- Lost
- Passed away
- Sleep



Roadblocks to Communication

1. The Fix-It Trap
2. Advising, Giving Solutions
3. Praising
4. Reassuring

(E. Causton, MSW)



Roadblocks to Communication

1. The Fix-It Trap

🐦 “Everything happens for a reason...”

🐦 ”At least he’s not suffering anymore...”

2. Advising, Giving Solutions

🐦 ”You just need to...”

(E. Causton, MSW)



Roadblocks to Communication

3. Praising

- ✎ “You are so strong.”

4. Reassuring

- ✎ “Time heals all...”
- ✎ “You aren’t given more than you can bear...”
- ✎ “You are going to be okay...”

(E. Causton, MSW)



A survey asked Grievors to decide which comments were helpful following a loss. Out of 141 comments ...

they found only 19 helpful



Do's



Do Say
"I can't imagine how you feel"



Do Say
"I don't know what to say"



Do Say
"What happened?"



Do Say
"I can't imagine how heartbreaking that must have been for you"

Don'ts



Don't Say
"I know how you feel"



Don't Say
"You just have to be strong"



Don't Say
"You'll be fine in time"



Don't Say
"It was just a dog, cat, bird etc."

Someone who is grieving just wants to be heard. Don't try and fix them, just listen to them

Allow all emotions to be expressed, without judgement, criticism, or analysis.

Do listen with your heart, not your head.



The Ring Theory of Kvetching



“Dump Out”
“Comfort In”

SUSAN SILK AND BARRY GOLDMAN (LA TIMES)



How to Help a Grieving Friend (M. Devine)



<https://www.youtube.com/watch?v=l2zLCCRT-nE>



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IT'S
OK
THAT YOU'RE
NOT
OK

Meeting Grief and Loss
in a Culture That
Doesn't Understand

MEGAN
DEVINE

Foreword by *New York Times* bestselling author Mark Nepo



Bear Witness



Mention my child's name you may make me cry.

*Don't mention my child's name you'll break my
heart.*

(Bereaved Parent)



Identify Disenfranchised Grief

Loss of Home

Ex-partner Death

Family Member's Gender Reassignment

Addictions

Ambiguous Relationships

Infant Death

Infertility

Death of Partner in Unsanctioned Relationship

Incarceration

Miscarriage

Death Following Long Life

Suicide

Adoption

Non-Death Loss

Overdose

Pet Death

Abortion

Grandparent Grief



Supporting Ourselves



Taking Care Of Ourselves

Working with our own suffering in order to cultivate our capacity to be with the suffering of others

- ✦ Know that we can't fix this. Can't keep windstorms from happening, can't keep people from feeling heartbroken. We're not supposed to.
- ✦ Grieve. Without acknowledging our own emotional struggles, we can't maintain our capacity to support others.
- ✦ Connect with one another. *It's better to do this together than alone.*

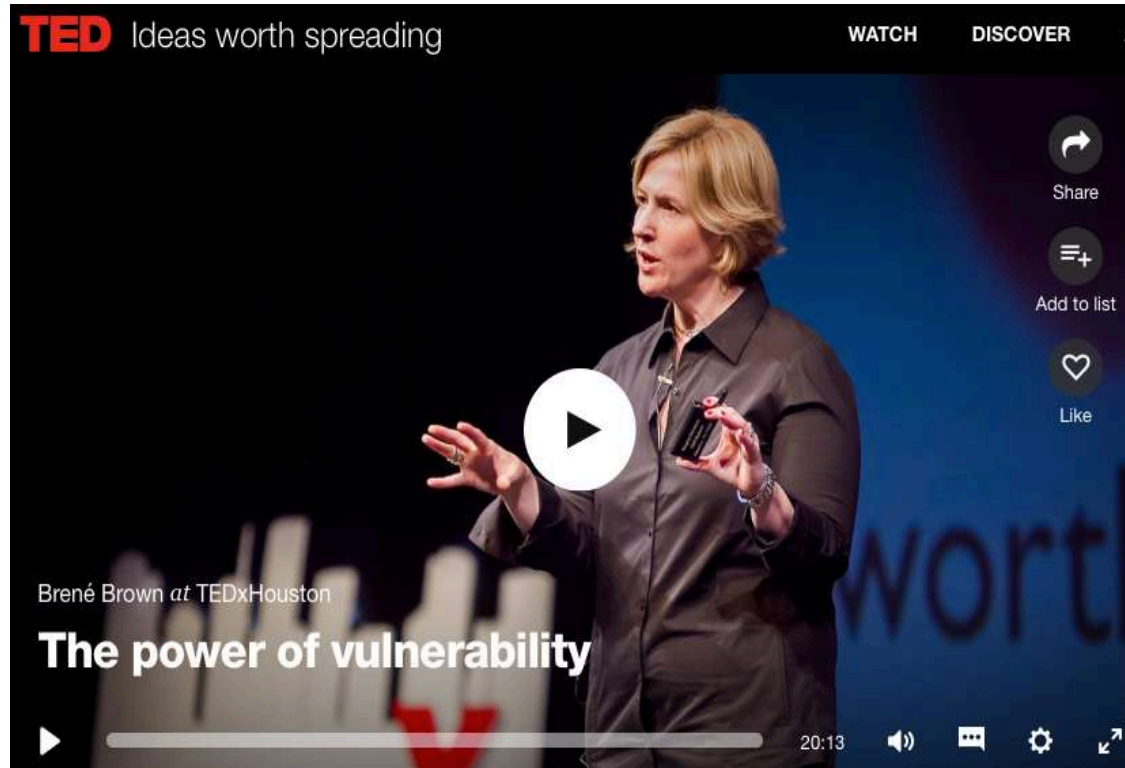


Compassion Vs. Empathy

- Compassion can include empathy but isn't limited to empathy
- Compassion is active and nourishing
- Empathy is personal identification, feeling another's suffering; compassion is caring from universal position without taking it on
- Compassion includes compassion for self which necessitates healthy balance



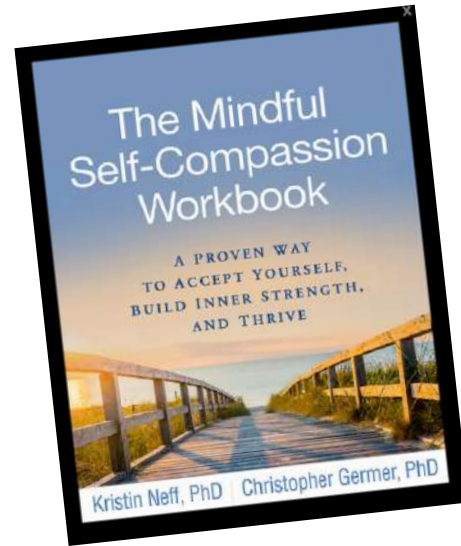
The Power of Vulnerability



https://www.ted.com/talks/brene_brown_on_vulnerability



Self-compassion (Kristin Neff)



<https://www.youtube.com/watch?v=5hchn9KMRNM>



Resources





MyGrief.ca

Because losing someone is hard

MyGrief.ca helps you to understand and work through your grief.

- Confidential
- Access in the privacy of your own home
- Developed by families and grief experts
- Stories from people who have "been there"
- A resource for professionals

Help Each Other Out:
www.helpachotherout.com



Coming-Out

Parenthood

Break-Up

War

Unemployment

Infertility

Illness



Literary Resources

An Exact Replica of a Figment of My Imagination: A Memoir (E. McCracken)

A Year of Magical Thinking (J. Didion)

Being Mortal (A. Gawande)

Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death (Joan Halifax)

Die Wise: A Manifesto for Sanity and Soul (S. Jenkinson)

It's Okay That You're Not Okay: Meeting Grief and Loss in a Culture that Doesn't Understand.

The Grieving Garden: Living with the Death of a Child (Redfern, S. & Gilbert, S.)

The Heart Does Break: Canadian Writers on Grief and Mourning (J. Baird)

The Mourners Dance (K. Ashenberg)

The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief (F. Weller)

When Breath Becomes Air (P. Kalanithi)



The Nightingale Centre for Grieving Children, Youth, and Families

Update: May 13, 2019



What is the Nightingale Centre?

a hub of services to support bereaved youth and families and a space in which bereaved families find a community of individuals and support providers who are experiencing and supporting their journey through grief



What do we currently offer?

- ✈ Direct support to families
- ✈ Community support and education
- ✈ Collaboration and cooperation with other service providers



Direct Support to Families



Programs (May 2019)

- ✦ Family Bereavement Program
- ✦ Youth Bereavement Program
- ✦ Family Suicide Bereavement Program
- ✦ Continuing Bonds Program



Family Bereavement Program

- ✦ 8-week program for families with children age 5-12 years old
- ✦ Parents receive support and education about how to help their children grieve
- ✦ Children receive counselling to help them identify feelings and learn coping strategies
- ✦ Next program: September 2019



Youth Bereavement Program

- ✿ 8-week program for adolescents 13-19 years old
- ✿ Discussions and activities related to their experiences of death, feelings, identity development, and coping strategies
- ✿ Professionally facilitated
- ✿ Next program: September 2019



Family Suicide Bereavement Program

- ✦ Families with dependent children who have had a parent or child die by suicide
- ✦ Families meet one evening per month to share a meal and companionship
- ✦ Parents meet with one another to support each other while children and adolescents receive grief counselling
- ✦ First meeting: May 29, 2019, 6:30-8:30pm,
Life Voice Centre, 589 Woolwich St, Guelph, ON



Continuing Bonds Program

- ✈ Families who have lost a parent or child to death meet one evening per month
- ✈ Share a meal and participate in a grief activity together
- ✈ Families receive support and connection while on waitlist and/or outside of formal programming
- ✈ First Meeting: TBA



Costs for Programs

- ✦ Pay what you can, pay it forward
- ✦ No family turned away
- ✦ Donations are welcome and necessary
(www.nightingalecentre.org)



How to refer?

Website: www.nightingalecentre.org

Email: info@nightingalecentre.org – put the name of the program in the subject heading of the email

Facebook: @TheNightingaleCentre – message us and we'll respond

Phone: 519-265-9594 (leave message)



Community Support and Education



Community Support

- ✦ Free education sessions
- ✦ Referral information for individuals and organizations
- ✦ Hospital and hospice support of palliative families



Training and Education

- ✦ Free education events for general community
- ✦ Customized training for organizations such as Victims Services, Community Mental Health, School Boards, etc.
- ✦ Hosting *Certificate in Children's Grief and Bereavement* offered by Sick Kids Community Mental Health and taught by Andrea Warnick in November, 2019



Collaboration and Cooperation



Partnerships

- ✦ Formal partnership with *Hospice Wellington* to provide grief and bereavement programs across the age spectrum
- ✦ Guelph Community Foundation



Collaborations

- ✿ Life Voice Suicide Prevention and Mental Health Workshops
- ✿ Bereaved Families of Ontario
- ✿ Hummingbird Centre for Hope
- ✿ Children and Youth Grief Network
- ✿ Heart House Hospice



Collaborations

- ✦ Lighthouse Program for Grieving Children, Youth, and Families
- ✦ Children's Grief Foundation of Canada
- ✦ Victim Services Wellington (VSW)
- ✦ Community Mental Health Association of Waterloo Wellington (CMHAWW)
- ✦ Guelph Neighbourhood Support Coalition



Collaborations

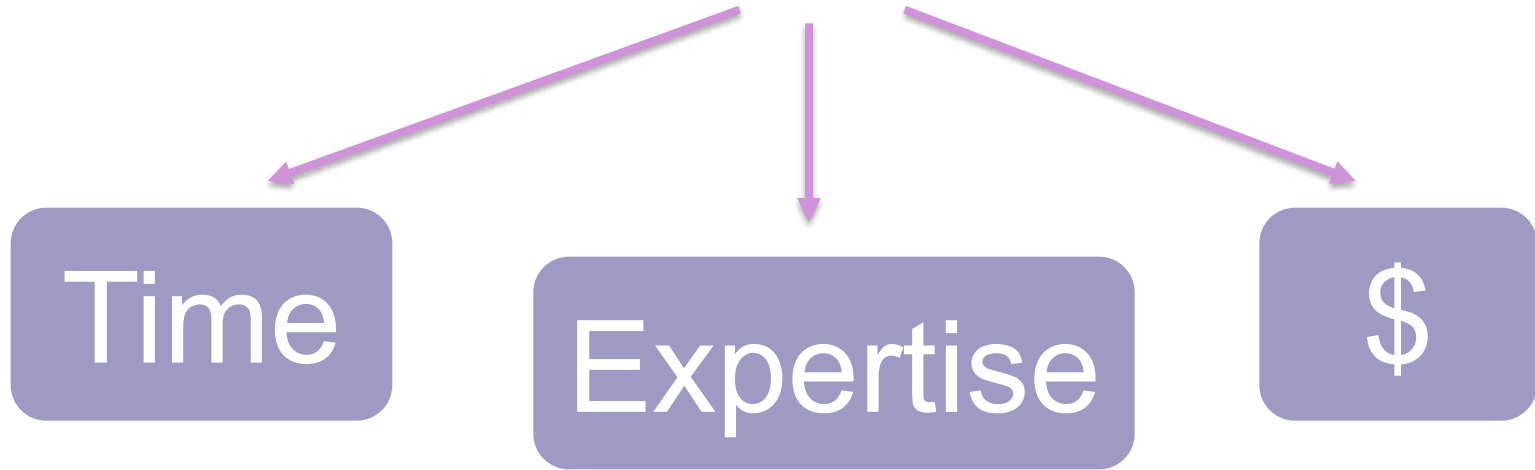
If you offer children's grief and bereavement services and want to speak with us about collaborating or being on our referral list, please contact me at laura@nightingalecentre.org



How can you help?



DONATE!



Current Volunteer Opportunities

- ✈ Meals for Family Suicide Bereavement Program
- ✈ Extra hands for the Continuing Bonds Program
- ✈ Computer and phone administrative support
- ✈ Extra hands for the Fundraiser in October



Volunteer

<https://nightingalecentre.org/get-involved/volunteer/>

Volunteer coordinator: Vimy Henderson
(volunteer@nightingalecentre.org)



Financial Support



Financial Donations

<https://nightingalecentre.org/donate/>

Cheques:

The Guelph Community Foundation

Memo line: The Nightingale Fund



Sponsorships

Costs for one 8-week **Family Bereavement Program**:
\$5,060

Cost for one 8-week **Youth Bereavement Program**:
\$3,100

<https://nightingalecentre.org/get-involved/sponsor/>



Financial Support

Help us Fundraise

- ✎ Follow us on social media and come to our events
- ✎ Let us know if you want to fundraise for the Nightingale:
info@nightingalecentre.org



Next Fundraising Event



- at Frank and Steins
- Friday June 7, 2019,
6:00pm – 11:00pm
- All ages
- Food, games, raffles
- \$10 adult, \$20 per
family



*“grief is crazy-making, feels like a psychosis, is implosive, explosive, arbitrary, unjust, **but is as basic to the human condition as love and joy**”* (Bertman, 1999)

