

The page features several decorative green circular elements. One large circle in the top left contains a cluster of dandelion seeds blowing away. Another large circle in the top center is a solid green. A large, teardrop-shaped circle in the center contains an aerial view of a lush green field with rows of crops and a small grove of palm trees. A smaller teardrop-shaped circle in the bottom left shows a close-up of green foliage. A small circle in the bottom left corner contains a vibrant butterfly with yellow and black wings. The title 'Grief and Loss' is written in a light green, sans-serif font at the top right.

Grief and Loss

At some point in everyone's life, there will be at least one encounter with grief and loss. It may be from the death of a loved one, the loss of a job, the end of a relationship, or any other change that alters life as you know it. Grief is also very personal. It's not very neat or linear. It doesn't follow any timelines or schedules. You may cry, become angry, withdraw, feel empty. None of these things are unusual or wrong. Everyone grieves differently and that's okay.

During this time of uncertainty, we are all experiencing a loss of life as we knew it. This is also a time, where we are hearing daily death counts in the news, that has some of us grieving. Our children are also experiencing this at some level too. With Remembrance Day around the corner, it may be a good time to talk about death and dying. Here are some great resources that help explain questions children may have at an appropriate age level. Please reach out, if there is anything that your Family School Wellness Worker might be able to help with.



Check out these
Grief and Loss
resources:

eMentalHealth.ca

[Sage Centre & Rosedale Hospice](#)

KidsGrief.ca

