



3 WAYS



FAMILY NIGHT EVENTS

CAN HELP CHILDREN AND CAREGIVERS COPE WITH GRIEF

Family Night Events provide an opportunity for families to gather monthly and build a community of support around the experience of grief. Each month children & caregivers are able to participate in a different activity to help them remember the person who died.

SOME FEATURED ACTIVITIES:



WARRIOR CAPES

MEMORY BOOKS



PILLOW MAKING

GINGERBREAD HOUSE



Three themes identified by caregivers and children from previous events of how Family Nights have helped them in the past.

1

EMOTIONAL CONNECTIONS WITH OTHER FAMILIES

57%

of children said they met or talked to other children who were grieving like them.

"I learnt that there are other grieving children"

- Child

100%

of caregivers said the night helped them feel connected to other grieving families.

"I am not alone"

- Child



2

EMOTIONAL CONNECTIONS WITHIN FAMILIES

"It's an opportunity to get closer with your child that you cannot miss"

- Caregiver

"Tonight helped me feel connected to my children"

100%

"Talking about your feelings and sharing them with your family helps"

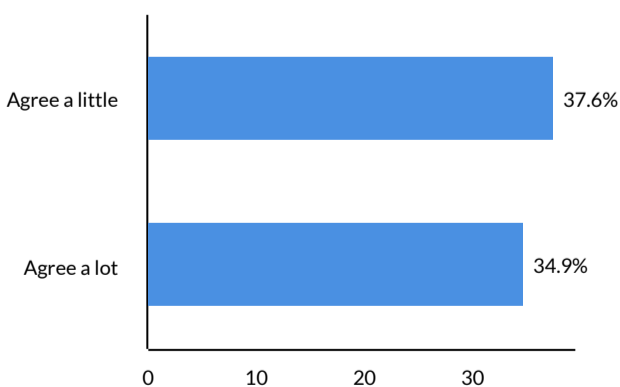
- Child



3

EMOTIONAL CONNECTIONS TO THE PERSON WHO DIED

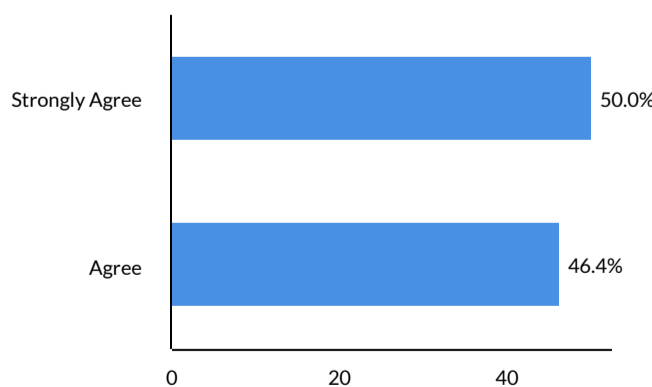
Children & Youth Response



"Tonight helped me think about the person who died"



Caregiver Response

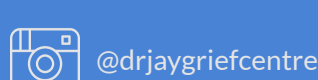


"Tonight helped me talk about the person who died with my children"

INTERESTED?



Our Family Night Events are still being held virtually! For more information, please visit our website at: drjaychildrensgriefcentre.ca



To read the full research and evaluation report on our Family Night events email research@griefcentre.org