



Children's Grief Awareness Day

To help grieving children feel less alone and more supported through changing the culture surrounding children and grief - this is the mission of Children's Grief Awareness Day, observed every year on the Thursday before Thanksgiving. This is a particularly appropriate time of year to support grieving children because the holiday season is often an especially difficult time after a death.

This week TCHS participated in its first ever Children's Grief Awareness Day, a day that seeks to bring attention to the fact that support can make all the difference in the life of a grieving child. It provides an opportunity to raise awareness of the painful impact that the death of a loved one has in the life of a child, an opportunity to make sure that these children receive the support they need.

Before they graduate from high school, one child out of every 20 children will have a parent die—and that number doesn't include those who experience the death of a brother or sister, a close grandparent, an aunt or uncle, or friend.

Children who have experienced the death of someone important to them often feel like their struggles are invisible to those around them. These children need advocates, people who let us know that the death of someone close is the beginning of many weeks, months and years of finding ways to go on without that special person in their lives, with that person-shaped hole in their hearts.

At TCHS students marked this special day by:

- Remembering and honoring their loved ones by writing their names on our Memory Wall
- Pledging to tell 3 people about Children's Grief Awareness Day
- Offering support to their classmates
- Wearing Blue Memory Ribbons
- Praying the prayers on our Children's Grief Awareness Day prayer card

A heartfelt thank you to all our wonderful Rainbows volunteers who worked hard to make this event happen. For more information please contact Mary at rainbowsmary.hs@gmail.com

