

Hospice Mission

Hospice of McDowell County is dedicated to inspiring Hope for those facing end-of-life through compassionate quality care, education and services.



Program Objective

To assist children and their families in working through difficult grief and loss processes.

Funding

Program start-up was funded by a grant from The McDowell Foundation, affiliate of The Community Foundation of Western North Carolina. Program is FREE to participants.

"I learned grief is hard, but you can get through it with the help of others"

. . . . Teen Elizabeth Frazier

"I learned life goes on and we need to move forward, but never forget the memories of our loved ones"

. . . . Teen Sherry Owens

"Children learn about the powers of grief and discover coping skills that help them deal with their grief journey."

. . . . School Counselor Glenna Glenn



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A SAFE HARBOR

Children's Grief and Loss Support Program



A Safe Harbor -- Children's Grief and Loss Support Program

Program Objective

The program objective is to assist children and their families in working through difficult grief and loss processes. Children grieve over family deaths, divorce, or painful transition in their family just as profoundly as adults, although in different ways. It is crucial that their thoughts and feelings not be dismissed. It is important that they are given permission to express their grief in appropriate ways and given an opportunity for emotional healing.

Program Contents

- ⌘ An age appropriate grief assessment
- ⌘ A six-week activities support group
- ⌘ Education materials for the child's family

If additional help is needed beyond the six-week program, children are referred to local mental health agencies or private providers.

Program Director

Diane Brooks, Hospice Faith Resource Counselor, holds a Master of Arts in Christian Education. She has over 25 years experience in conducting youth programs and counseling youth in community agencies and churches.

Rainbows Curriculum

"A Safe Harbor" uses the Rainbows Program curriculum. It's mission is "to transform a loss from life-threatening to life-giving".

RAINBOWS, an international organization, provides a bridge to emotional healing for children, adolescents, and adults confronting death, divorce or other painful family transition - "because it doesn't need to hurt forever."

"From Hurt, through Healing, to Hope"

Program Levels

- ⌘ **Preschool: Age 3 through 5**
"All About Feelings"
Children are encouraged to express their grief and to see you doing the same.
- ⌘ **Elementary: Grades 1 through 6**
"Remembering and Saying Goodbye"
Grief is a way you try to understand that life has changed and will never be the same again.
- ⌘ **Teens: Grades 7 through 12**
"Grief is More Than Painful Feelings"
The grief process will help them grow into stronger more competent people.

Child Support Room



Locations Provided

The program is offered in the Child Support Room in the Hospice of McDowell County new Center of Hope, at county schools, or at home. The public may check out Child Grief books and take pamphlets from our library.

Referrals

Referrals are made by Department of Social Services, Schools, Churches, and individuals. Anyone can make a referral. Call the Hospice office at 652-1318 or have the child's parent or guardian call. There is no cost for participation. The program is a community outreach of Hospice of McDowell County, Inc..