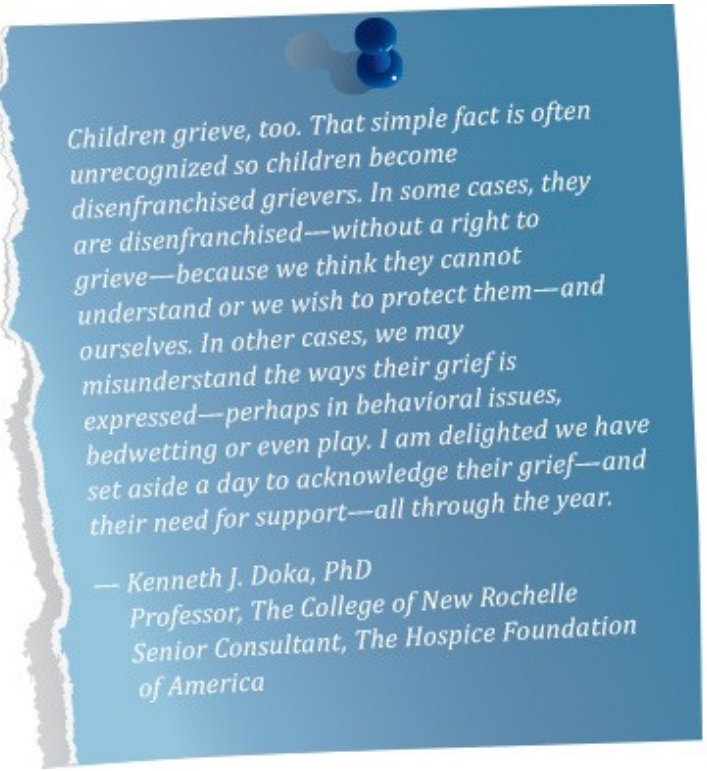
Grief Connection Space



When Grief Comes To School...

- Imagine a sixth grader named Alex. Their brother died last year and they are repeatedly late to school, fall asleep in class and struggle to complete their homework on time.

- Or picture a first grader named Charlie whose infant sister died over the summer. Their teachers comment that they seem irritable and have shown regression in behavior.

- **Across grade levels, grief looks different—** Recognizing these patterns helps educators and support providers respond with empathy and compassion rather than judgment.



A reminder to educators to check in personally. If you're aware a student is grieving or has experienced the loss of a loved one, consider checking in with them ahead of time. A simple, private conversation can go a long way in helping them feel supported.

Children's Grief Awareness Month: Supporting Youth and Staff in Schools and Communities

November is Children's Grief Awareness Month, a time to honor and support the many children who experience the death of a parent or sibling. In Illinois, 1 in 12 children will face such a loss before reaching adulthood (Judi's House, 2026). Schools and community organizations play a unique role in offering support, safety, and understanding for grieving youth.

Supporting grieving youth doesn't require specialized therapy training. Simple gestures—acknowledging loss, offering flexible deadlines, providing safe spaces, or checking in quietly—can make a profound difference. A caring adult in school or community often becomes the anchor a child needs to navigate grief.

Grief touches staff as well. Staff and support providers may find themselves reliving personal losses while supporting their students. Taking time for self-care, connecting with colleagues, or utilizing counseling resources helps prevent compassion fatigue.

Reflection is key—ask yourself, "How can our school/community make grief more visible and supported this year?" By acknowledging grief, understanding developmental responses, and modeling compassion, we can create environments where youth feel seen, supported, and safe.

This November, and every month, adults have the power to make a lasting impact—one kind word, one flexible deadline, or one safe space at a time. 💙

children's Grief Awareness Day

November 19, 2026

Grief Connection Space

Grief and the Holiday Season



The holidays can bring challenges for students and staff who are grieving. There may be fe pressure and anxiety--- sometimes the anticipation can be worse then the day itself

Family members may bring very different perspectives in celebrating the holidays:

- where they are with their grief
- their personalities and comfort levels
- their grieving style

The holidays will likely not be the same as they've been before --
These changes can be painful, and experienced differently for each family member.

The acronym COPE (Concerns, Options, Planning and Execute) can be a helpful way to approach the holidays:

- **Concerns:** What are your primary concerns about managing the holidays?
- **Options:** What options or choices do you have? Can you make some adjustments, perhaps for this year?
- **Planning:** Ask yourself if you want to change something. Then make a plan that you are comfortable with.
- **Execute:** All the planning in the world may not help in your coping with the holidays. Follow through with your plans, knowing that you and your family have choices to help you manage this difficult time of the year. And don't forget that holiday grief is unpredictable and it's okay to change your mind.

We are scheduling education and training opportunities for Spring and Fall of 2027

Why Bring This Training to Your School, Workspace or Organization?

✓ Recognize how grief impacts student learning, behavior, and executive functioning
✓ Respond to grieving students with practical, classroom-ready strategies
✓ Identify when additional support or intervention may be needed
✓ Support students while maintaining healthy professional boundaries
✓ Build a culture where grief is acknowledged rather than avoided

Training Topics May Include:

• Childhood and adolescent grief
• Supporting grieving students in the classroom
• Everyday classroom strategies for connection and resilience
• Responding to significant losses within the school community
• Educator self-care and compassion fatigue

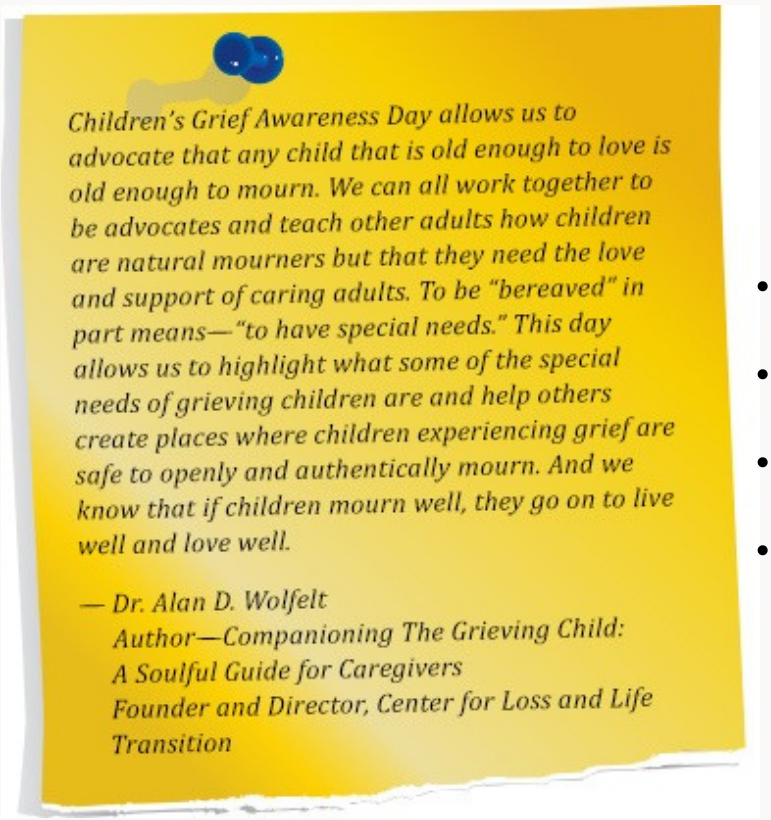
Appropriate For:

Schools & Higher Education | Healthcare Organizations | Community Agencies & Nonprofits | Libraries | Workplaces & Employers | Faith Communities | Healthcare & Mental Health Professionals Educators | Parents & Caregivers | Community Members

We are grateful for the partnerships we've built over the past year! It has been our honor to provide grief-informed training to medical residents, community members, library staff, and school administrators, faculty, and support staff. We are equally grateful for the opportunity to collaborate with nonprofit organizations and others who create meaningful spaces for grief, connection, and healing.

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JOIN US IN ACKNOWLEDGING CHILDREN'S GRIEF AWARENESS MONTH AND CHILREN'S GRIEF AWARENESS DAY - THURSDAY, NOVEMBER 19, 2026

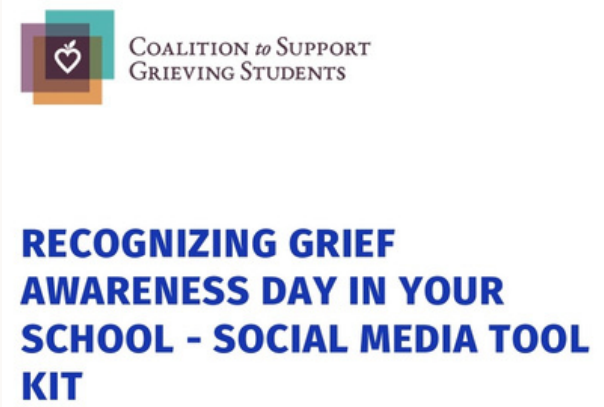
- NACG is sharing their Flip the Script campaign. Click HERE to learn more.
- Join Grief Connection Space in sharing campaign - see below
- Become a Grief Sensitive School by applying for a grant throught the NYLF
- Attend free virtual educational opportunities hosted by Eluna:
  - Nov 17, 2026 11:30 AM, ***Grief During the Holidays: Considerations for Youth and Caregivers***
  - Dec 4, 2026 11:00 AM, ***When Youth Grieve: Understanding How to Create Meaningful Support***

Social Media Ideas for Children's Grief Awareness

Week 1:
Post 1: Introduction
Call to Action (CTA):
"November is Children's Grief Awareness Month. 1 in 11 children in the U.S. will experience the death of a parent or sibling by age 18. Schools can be a safe, supportive space. 💙" #ChildrensGriefAwareness #GriefConnectionSpace
Source: CBEM Report



Click here to access the social media campaign developed by the Coalition to Support Grieving Students through partnership with the Children's Hospital of Los Angeles, the National Center for School Crisis and Bereavement and the New York Life Foundation.



Children's Hospital Los Angeles | National Center for School Crisis and Bereavement | New York Life Foundation

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www.GriefConnectionSpace.com
Hello@GriefConnectionSpace.com

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Grief-Sensitive Schools Leadership Initiative

95% of Educators Want to Help Grieving Students
Only 15% Feel Prepared

Managing school-wide grief is a heavy, complex task, and no school leader needs to navigate grief work alone. GSSLI is that community

The Grief-Sensitive Schools Leadership Initiative GSSLI is a new community that supports leaders with the specialized learning and peer-led community required to guide students, staff, and communities through and beyond loss (in their personal lives, amongst staff, students, and community) with confidence and care.

GSSLI provides no-cost access to advanced training, proven tools, and a powerful network of grief and school leadership experts in the art and practice of handling and holding school life after loss.

Made possible by the New York Life Foundation, GSSLI builds on and extends the Grief-Sensitive Schools Initiative (GSSI), expanding the focus from grief-sensitive school communities to the leaders who shape school culture, systems, and response.

Click here to view the flyer and learn more

Key Grief Awareness Dates

November is Children's Grief Awareness Month

Saturday Before U.S. Thanksgiving: International Survivors of Suicide Loss Day (11/15/26)

Third Thursday in November: Children's Grief Awareness Day (11/19/26)



Featured Grief Resources

Grief Connection Space
NACG National Alliance for Children's Grief
judi's house / JAG Institute For Grieving Children and Families
Hope for the Day
children's Grief Awareness Day
New York Life Foundation
Evermore
Children's Hospital Los Angeles
National Center for School Crisis and Bereavement
Coalition to Support Grieving Students
eluna Camps · Community · Connections

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