

Bereavement support resources

New York Life Foundation – bereavement support

New York Life's dedicated online resource for bereaved families and those who want to support them

www.nylgriefresources.org

Resources For Families

ARTICLE



[Living and Loving with Grief as a Parent](#)

Read more →

TIPS ARTICLE



[Confronting loss around Mother's Day](#)

Read more →

ARTICLE



[A Mother Guides Her Bereaved Son's Path to Resilience](#)

Read more →

[View all resources for families →](#)

Resources For Communities

RESOURCE GUIDE



[PTA Healthy Minds](#)

Read more →

TIPS ARTICLE



[Helping yourself through grief](#)

Read more →

PARTNER



[Alliance for Young Artists and Writers](#)

Read more →

[View all resources for communities →](#)

Resources For Schools

TOOLKIT



[Grieffalk Schools Individual Bereavement Support Plan](#)

TOOLKIT



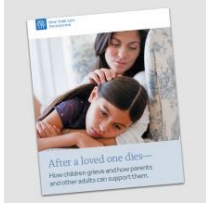
[Grieffalk Schools Resource Guide for Administrators](#)

TOOLKIT



[New York Life's Grief-Sensitive Schools Initiative](#)

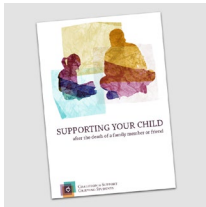
Printed and Digital Resources



After a Loved One Dies: How Children Grieve and How Parents and Other Adults Can Support Them

This booklet explains how children grieve and the ways parents and other caring adults can help them understand death better.

[English e-booklet](#) // [Spanish e-booklet](#) // [Haitian Creole e-booklet](#) // [Simplified Chinese e-booklet](#)
[Korean e-booklet](#) // [Italian e-booklet](#) // [Tagalog e-booklet](#) // [Traditional Chinese e-booklet](#)



Supporting Your Child

This brochure provides advice to parents and caregivers on supporting children who are grieving.

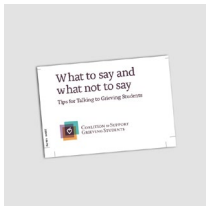
[English e-booklet](#)
[Spanish e-booklet](#)



Supporting Our Students Brochure

Developed by the Coalition to Support Grieving Students, this pamphlet offers advice to educators and school personnel on how to support grieving students and how classmates can help.

[English e-booklet](#)



What to Say/Not to Say Tip Card

Wallet-size tip cards offer valuable advice on how to speak with children who have experienced the death of a loved one.

Only available in print

All New York Life bereavement materials listed are free of charge, and there is no fee for shipping.

Order from <https://bereavement.newyorklifestore.com/>
All New York Life bereavement materials listed are free of charge, and there is no fee for shipping.



NEW YORK LIFE
FOUNDATION

[All](#) [Families](#) [Other Languages](#) [Kai's Journey](#) [GSSI](#)



Q SEARCH

Bereavement Resources

One in 12* American children will lose by death a parent or sibling before the age of 18, and a majority of young people will experience a significant loss by the time they complete high school.

Recognizing this critical need to provide greater support for bereaved children and their families, the New York Life Foundation has made childhood bereavement a key philanthropy focus for over a decade.

[LEARN MORE](#)

*Results from the Childhood Bereavement Estimation Model (CBEM) developed by Judi's House/JAG Institute www.judishouse.org/CBEM

Many materials are available in Spanish

Kai's Journey: the book series

Grief isn't just one moment in time, it's a journey.

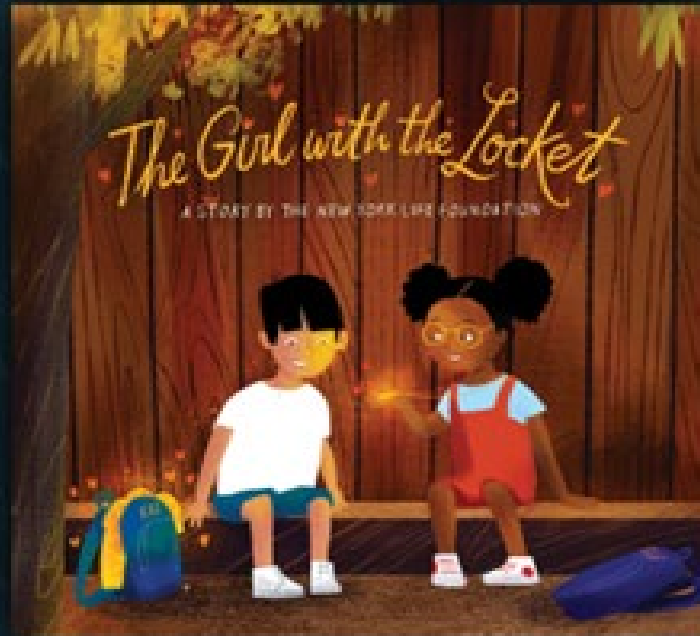
In this series, we follow young Kai as he learns to cope with his ongoing loss.
He'll discover different coping mechanisms to help him through his grief.

BOOK - 1



In Golden Sweater, Kai grieves the loss of a parent and finds strength through a golden memento and his loving mother.

BOOK - 2



In The Girl With the Locket, Kai learns the power of connecting with a new friend who has a similar experience.

BOOK - 3

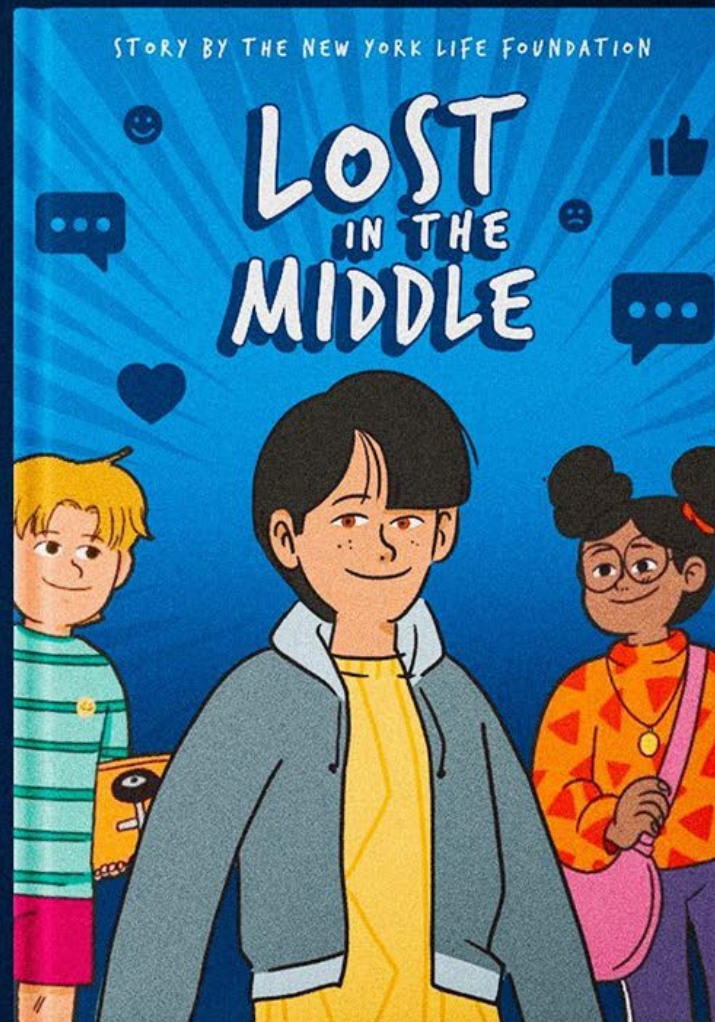


In The Fishless Lake, Kai discovers that traditions are a valuable tool to keep the memory of his dad close.

OUR NEXT BOOK IN KAI'S JOURNEY SERIES
LOST IN THE MIDDLE



Learn More!



<https://www.newyorklife.com/foundation/kais-journey/lost-in-the-middle>



COALITION *to* SUPPORT
GRIEVING STUDENTS

www.grievingstudents.org

Specialized resources:

- Guidance Documents: Grief over the Holidays
- Video Training Modules: How School Staff can Initiate Conversation and Offer Support
- Additional Articles: Coping with the Death of a Student or Staff Member
- Parent Resources: Supporting Your Child

Topics:

- **Conversation and Support:** talking with children, what not to say, providing support over time, peer support
- **Developmental and Cultural Considerations:** concepts of death, connecting with families, cultural sensitivity
- **Practical Considerations:** funeral attendance, social media, secondary and cumulative losses, coordinating services
- **Reactions and Triggers:** impact on learning, guilt and shame, other reactions, grief triggers
- **Professional Preparation and Self-Care:** helping school personnel obtain training and stress relief
- **Crisis and Other Special Circumstances:** suicides, memorials, life-limiting conditions, death in the school community

Coalition resources for youth-serving organizations

- **Supporting Our Youth**: a short yet comprehensive booklet with tangible tips for working with grieving youth in an out-of-school program
- **What to Say to Grieving Youth**: a guide to communicating with bereaved children, including both specific phrases and general advice on what to say and what not to say
- **Resources for Afterschool Professionals**: guidelines to help out-of-school time educators utilize the resources on www.grievingstudents.org
- **Grievingstudents.org – Summary of Modules**: an overview of the content covered in the Coalition's online video training



www.schoolcrisiscenter.org

What They Do

- Crisis Response - immediate technical assistance and training to schools and communities that are responding to crises with a focus on supporting their students, both short-term and throughout long-term recovery
- Education & Training – educational materials, as well as expert consultation and trainings for school professionals and communities preparing for or responding to crisis events
- Advocacy & Research – support for policies that encourage best practices in crisis and grief support in schools, and research in the fields of childhood bereavement and disaster preparedness

Through a transdisciplinary team of medical, mental health, and school professionals, the **NCSCB provides:**

- Confidential on-site and remote assistance and consultation for school leadership and professionals
- Practical, timely advice via 24/7 toll-free number and email
- Ongoing support in the immediate aftermath of a crisis and throughout the long-term recovery period
- Educational resources and crisis management tools
- School staff training and community presentations - professional development for a range of professional audiences

National Partners



National Partners



THE HACKETT CENTER
TRAUMA AND GRIEF CENTER



Additional Resources



Grief-Sensitive Schools Newsletter: Quarterly newsletter to all GSSI schools with access to additional resources, funding opportunities, and relevant articles.



Scholastic - Alliance for Young Artists & Writers: The New York Life Award offers scholarships to students in grades 7–12 whose creative works explore personal grief, loss, and bereavement.



National Parent-Teacher Association (PTA): PTA Healthy Minds Program has tools and resources to support families in making mental health and well-being a priority. Our partnership created a dedicated focus on resources to address grief and loss in school communities.



Eluna: This nonprofit supports children and families impacted by grief or addiction. It is the creator of Camp Erin, the largest FREE national bereavement program for youth grieving the death of a significant person in their lives.



First Book: This nonprofit provides free and low-cost books to students in need. Teachers in Title 1 schools and other professionals who work with low-income students can join for free.

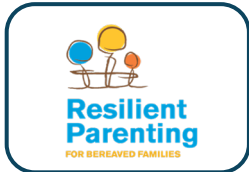
Additional Resources



The Trauma and Grief (TAG) Center's Virtual Learning Library offers free webinars and resources focusing on childhood trauma and grief to key audiences: parents and caregivers, mental health clinicians, educators, health care providers, law enforcement, and other professionals working with children and adolescents who have experienced trauma and loss.



The National Alliance for Children's Grief raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them. New York Life Foundation awarded NACG, \$1 million grant to support NACG's professional engagement opportunities, annual symposium, and overall capacity



The Resilient Parenting for Bereaved Families (RPBF) Program provides resources to help promote resilient parenting for parents and caregivers of bereaved children and for service providers who help them on their journey.



Outward Bound: Provides respectful healing experiences in a wilderness environment in a week-long expedition



THE HACKETT CENTER

TRAUMA AND GRIEF CENTER

<https://mmhpi.org/work/trauma-grief-center/>

Offers free webinars and resources focusing on childhood trauma and grief to key audiences: parents and caregivers, mental health clinicians, educators, health care providers, law enforcement, and other professionals working with children and adolescents who have experienced trauma and loss

Sample of free Webinars:

- [Handle With Care Program: for Educators and School-based Clinicians](#)
- [Handle With Care Program: for Non-instructional School Staff](#)
- [Supporting Students Exposed to Trauma & Grief: Tips for Teachers](#)
- [Addressing Childhood Trauma & Grief to Promote Child & Family Resilience](#)
- [Understanding & Supporting Grieving Youth: A Scientist-Practitioner Approach](#)



<https://firstbook.org/solutions/first-book-new-york-life-foundation-grief-loss-healing/>

- **Expand and update** the [Grief, Loss, and Healing](#) section on the First Book Marketplace, First Book's award-winning nonprofit eCommerce site
- **Provide funding** for educators to select the books and resources from the First Book Marketplace that best meet their students' needs
- **Create** original age-appropriate conversation guides for educators and program leaders – [Supporting Grieving Students](#)
 - Using Books to Support Grieving Students
 - Support Strategies for Educators
- **Provide free resources** to school communities that experience a traumatic event



**Scholastic
Art & Writing
Awards**

Alliance for
Young Artists
& Writers

- **General Awards** The Scholastic Art & Writing Awards are presented by the Alliance for Young Artists & Writers. The mission of the Alliance is to identify students with exceptional artistic and literary talent and present their remarkable work to the world through the Scholastic Art & Writing Awards
- **The National New York Life Award** offers \$2,500 scholarships to six students whose works explore personal grief and loss
- **Grief Resources** The Alliance has lesson plans, publications, and video resources to help open up the discussion on grief with students by engaging their curiosity and creativity through art

*Left: 2022 New York Life Award Winner
"Overload" by Taylor Herron*



- Raise awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them
- Though our partnership, NACG and the group of experts developed the following resources:
 - [Griefftalk Schools Caregiver Guide](#)
 - [Griefftalk Schools Rights of a Student who is Grieving Student](#)
 - [Griefftalk Schools Individual Bereavement Support Plan](#)
 - [Griefftalk Schools Resource Guide for Administrators](#)



The Resilient Parenting for Bereaved Families (RPBF) is a program with resources to help promote resilient parenting for parents and caregivers of bereaved children and for service providers who help them on their journey

[RPBF website](#) provides:

- **Resources** to help promote resilient parenting for parents and caregivers of bereaved children and for service providers who help them on their journey
- **Practical tools** for parents and caregivers are free, research-based, and designed to help bereaved parents support themselves and their children
- **Blogs and Podcasts** about the experience of parents and service providers.
- **Webinars, articles, and books** with helpful ideas from experts.



<https://elunanetwork.org/camps-programs/camp-erin>

- Largest national bereavement program for youth grieving the death of a significant person in their lives
- Children and teens ages 6-17 attend a transformational weekend camp that combines traditional, fun camp activities with grief education and emotional support

Camp Erin allows youth to:

- Tell their story in a safe environment
- Process grief in healthy ways
- Meet friends facing similar circumstances
- Learn they are not alone
- Build a tool-box of coping skills
- Honor and memorialize loved ones
- Have fun!



**OUTWARD
BOUND**

<https://www.outwardbound.org/expeditions/grieving-teens/>

- Intended to provide respectful healing experiences in a wilderness environment during a week-long expedition
- Build an inclusive, supportive “crew” on day one as they join in a nightly discussion circle, acknowledge their shared losses, and begin the healing process
- Tackle problem solving challenges and engage in high impact activities such as rock climbing or ropes courses, allows for self-discovery and reinforces their new community of support – their grieving crewmates.
- During the final debrief students identify continued, healthy support mechanisms and a positive network of peers who they may call on in the future

Where to find local bereavement support?

A list of each state's bereavement organizations and other resources to support bereaved children and their families.

National Bereavement Resource Guide

[ABOUT THE GUIDE](#)[SEARCH THE GUIDE](#)[ADD A LISTING](#)[ADDITIONAL RESOURCES](#)

Wherever You Are, We're There for You

The National Bereavement Resource Guide (NBRG) is an online directory of grief support organizations and programs. To ensure easy access to the most helpful information, the NBRG is searchable by location and types of support. Whenever children and their families are grieving, and wherever they are in the grieving process, we are here to help.

New York Life Foundation is proud to partner with Eluna to provide the National Bereavement Resource Guide. For more information on New York Life Foundation's bereavement support initiatives for youth and families, please visit their dedicated [resource page](#).

Thank You to Our
Partner



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[Eluna National Bereavement Resource Guide: State by State Bereavement Listing](#)

[Dougy Center](#)

[worldwide bereavement program directory](#)

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Find Grief Support Near You

Quickly find a grief support center near you by searching our worldwide program directory.

[Map View »](#)