

August 21, 2019

Concurrent Workshops

Developing skills to serve as a steward for supportive environments

Six concurrent workshops will be offered to enhance skills in practice and policy that support environments to promote population child and youth mental health through the life course.

4. Lessons learned from the experts - grieving children and teens; Supporting grieving children in the classroom

Presenter: Dawn Cruchet, Grief educator and counsellor, Madawaska Valley Hospice Palliative Care

All classrooms include grieving children, but where do we learn how best to support them? Grief is the most universal of experiences, yet the one we know least about. This workshop will describe how children and teens grieve, and provide interventions to help them navigate their journeys. Participants will learn how to address grieving children and promote healthy coping skills which foster mental health.

How does your workshop make a connection with the theme *Supportive Environments for Child and Youth Mental Health – Our Shared Responsibility!*?

Grieving children often feel isolated because adults around them do not acknowledge their losses and grieving behavior. By understanding the process and long-term impact on their mental health, participants will be able to provide and nurture supportive environments that enhance the grieving process.

What will others learn from your workshop?

This workshop will awaken the importance of understanding the prevalence of grieving children in the classroom and provide tools to nurture their grief journeys thereby fostering healthy coping skills.

How will your workshop help participants prepare for scaling up or delivering policies and programs?

If teachers at the grassroots level become educated about grieving children and the need to learn how to best support them, this need can then be passed on to administration and school board personnel to ensure that all teachers and staff in schools are educated about children and grief.

Presenter

Dawn Cruchet

Retired grief educator and counsellor

Volunteer program developed at Madawaska Valley Hospice Palliative Care

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Dawn Cruchet BN, MEd has a background in nursing and education. She worked in the Montréal area for 25 years as a grief educator and counselor. She taught nursing at John Abbott College, developed and taught *Demystifying Death and Dying* at McGill University, and developed and co-taught the Certificate in Palliative Care at John Abbott College. She ran bereavement support groups for adults, children and teens and has always felt she has had the privilege of working with “the experts” - grieving children, teens adults and families.