



Children's Grief

November 2023



November is National Children's Grief Awareness Month:

We all experience loss and grieve those losses, even children. Too often we do not recognize or understand the grief children feel or how they process that grief. When children are not understood or supported in their grief processing it can lead to other emotional issues and behaviors. Children's normal grieving behavior and actions are often misunderstood because adults do not know the grief cycle or understand the messages sent by children. Learn more about grief cycles for children through the National Alliance of Children's Grief (nacg.org). Learn how to support children when they are grieving through information and articles on our website: thestephancenter.org

VISIT OUR WEBSITE

Image left to right:

Victoria Stephan with the Corona Art Association Artists.



Feature Article:

The Impact of Violence on Children

Children who are raised around violence become violent because they see violence as the only way to protect themselves from harm and stay alive. If we do not want children to become violent adults and use violence as the primary method of leadership and control then adults must:

1. Take a different approach to violence in our communities and world.
2. Actively engage in teaching children that violence is NOT the only way or effective way of coping with the world around them.

[READ ARTICLE](#)

FLIP THE SCRIPT



Join the National Alliance for Children's Grief (NACG) and The Stephan Center as we "flip the script" on grief. **What is Flip the Script?** Flipping the Script references a shift in perspective or a change in the way a situation is typically handled. This November we will work together to flip common grief scripts during Children's Grief Awareness Month. Many of the traditional expressions of sympathy can be unhelpful or even hurtful to grievers, including children. Join us as we inform, encourage, and support children and individuals in this journey. Find new scripts on our social media platforms.



Family Corner:
**November is
a Month of
Remembrance
and Thanksgiving**

November is a month of remembrance and Thanksgiving. Combine those two by taking time as a family to remember those we miss through death or distance. Share stories, pass on memories, display pictures and give thanks for

the love and gifts they brought into our lives. Make their favorite dishes, do acts of kindness in their name and celebrate their lives and legacy. Children need to know they belong and understand their family history and traditions.



Senior Time:
**November
is Family
Story Month**

November is Family Story Month. Take the time to share your story with children and grandchildren. You can do it orally in person, by tape, video, or in writing. Add pictures, mementos, recipes, family traditions, and other items to highlight people, places, and events. This is a gift only you can give. Don't miss the opportunity!



**Thanksgiving is
November 23th!**

It is more than Turkey dinner and football! It celebrates the core of our country's values...family, traditions, faith. This is true for all the racial, ethnic, and faith

What is Happening at The Stephan Center



November: FREE Classes for Foster/Resource Parents (Virtual)

Date	Time	Topic
11/6	6:00-8:00	Understanding Grief During the Holiday
11/15	9:00-11:00	Creating Nurturing and Healing Environments
11/30	10:00-12:00	Creating Nurturing and Healing Environments

[REGISTER ONLINE](#)

Walking a New Path: After Your Spouse Dies

The program will be held virtually on
Thursday, Nov 2, 9 and 16th
from 9:30-11:30.

Next series will be held in February.

[REGISTER ONLINE](#)

Trauma-Informed Certification Program:

Become certified by completing this unique and comprehensive 12 module, 24-hour course online program. Affordable, self-paced, enlightening regarding the long-term impact of trauma on children and adults.

[REGISTER ONLINE](#)

Self-Paced Online Classes

Complete your Professional Development requirements with specialized classes. Most appropriate for Educators (ECE/K-12), Counselors/Therapists, Faith Leaders and Parent/Foster parents.

[SIGN UP TODAY](#)

The Fall Healing Through Art Program Creations





November is National Giving Month

Consider donating to The Stephan Center to support this e-newsletter, the website and the many programs we provide.

[DONATE NOW](#)



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Mental Health and/or Foster Parent tips!





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