



**November 19, 2015**

## What is Children's Grief Awareness Day?

- Children's Grief Awareness Day is observed the Thursday before Thanksgiving every year. In 2015, this day will be November 19.
- Children's Grief Awareness Day is a day focused on bringing to mind the children all around us who have experienced the death of a loved one—children who typically feel very alone in the journey of grief they travel.
- Children's Grief Awareness Day is an opportunity to let grieving children know that they're not forgotten in the midst of their grief.

## Why raise awareness for grieving kids and teens?

- There are more grieving children than most of us realize—one out of 20 children will experience the death of a parent before they graduate from high school, while one out of every five children will face the death of someone close to them.
- Many people don't realize that it takes most children much longer to deal with their grief than we expect, and that the amount of inner turmoil, invisible to most, is much more intense than we have any idea of.
- We raise awareness so that people will realize that even if there is no outward sign of inner turmoil, those storms can still be raging inside a grieving child's heart.
- We raise awareness so that people will understand that a grieving child can't just "get over it"—not in any set time period—not by any act of their own will—and that there's no reason that they *should* just "get over it."
- We raise awareness in order to help people learn ways they might help a grieving child they happen to know, now or in the future. Visit [ChildrensGriefAwarenessDay.com](http://ChildrensGriefAwarenessDay.com) to learn ways to help a grieving child.

