

GROWING TOGETHER THROUGH GRIEF

A newsletter for the Kentucky Center for Grieving Children and Families



Why does Kentucky need grief support services?

- 1 in 10 Kentucky children experience the death of a parent, caregiver, or sibling by age 18
- Kentucky ranks #5 in the nation for childhood bereavement rates
- By age 25, 14.3% of people in Kentucky will experience the death of a parent or sibling



THE KENTUCKY CENTER FOR
GRIEVING CHILDREN & FAMILIES



Meet the Founder

The founder of the Kentucky Center for Grieving Children and Families (KCGCF) is Leila Salisbury. In 2012, Leila and her daughter Katarina lost a husband and father to suicide. Living in Mississippi at the time, they turned to the McClean Fletcher Center, a children's grief organization that allowed them to process their loss and work through grieving together. Leila began volunteering with the center, and shortly thereafter developed the idea for Kentucky's first youth and family grief-focused organization. When Leila's mother passed away in 2018, she saw how much her daughter struggled to process this new loss. Leila wanted to provide an environment that felt like a safe haven to those who are struggling with grief. In the summer of 2021, Leila launched the operations for the Kentucky Center for Grieving Children and Families, Inc.

What does the Kentucky Center for Grieving Children and Families offer?

- **School-Based Grief Support Groups:** Facilitated peer grief support groups. To learn more, contact us at kychildrengrieve@gmail.com.
- **Community Referrals:** We will work with grieving families to provide community referrals for additional support services, including therapy and therapeutic recreational opportunities.
- **Training and Education:** We offer expert training in youth bereavement, as well as strategies for supporting grieving children.
- **Community-Based Grief Support Groups:** In 2022, we hope to launch free, community-based grief support groups for children ages 4-18, as well as concurrent parent and caregiver groups.



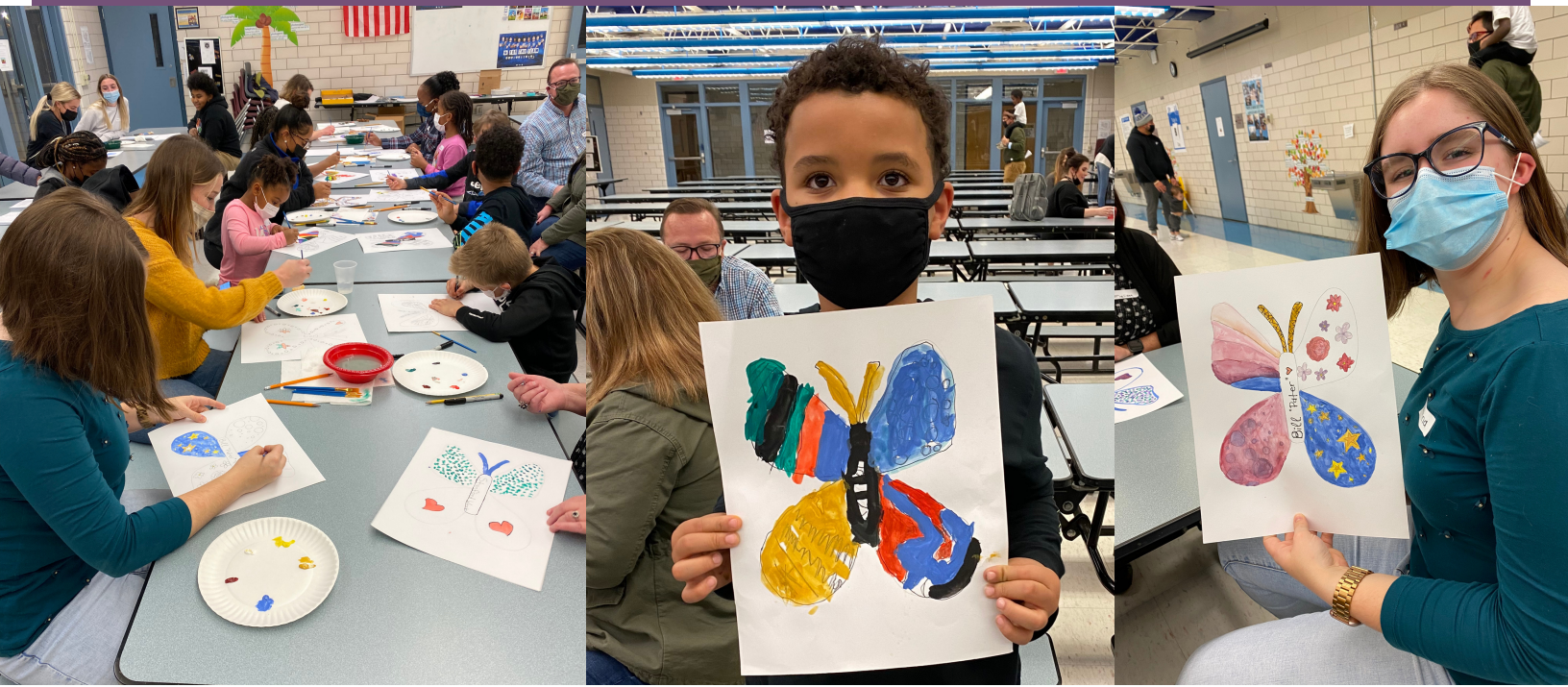
GRIEF TIP:

Don't Be Afraid to Talk About the Person Who Died

We are often hesitant to mention someone who has died, especially if the loss is recent. But chances are that person is already on the mind of their family and loved ones. They may take great comfort in hearing a memory or a story about that person. And it's a good way to signal that you are open to talking — and more importantly listening — about how the child or adult is taking the loss of their special person.



Expressing emotions through art with KCGCF's grief group activities.



A Volunteer's Perspective: Why should I get involved?

One of KCGCF's volunteers is Julia, who is a University of Kentucky student who spoke with us about the reason she decided to volunteer, and what types of events she helped with. "This past semester, I was able to help with an event held at Beaumont Middle School and spend time with elementary school children that are involved in KCGCF school groups. At this event, they provided dinner, an engaging activity, and time for quality connections among children and parents. Leaving this event, I was filled with such gratitude that I had the privilege of meeting these students where they were at and helping provide them with some companionship as they navigate their grief. I experienced the death of my best friend as a teenager and am familiar with the challenging, unique grief that accompanies loss at a young age. I was lucky enough to have access to resources and a strong support system to walk with me through this loss, so having the opportunity to play a small role in assisting individuals in their own journey is so special to me. I look forward to continuing to volunteer with KCGCF and hopefully getting the chance to do so with others like myself! If you're interested in volunteering, contact kychildrengrieve@gmail.com."

KCGCF.ORG



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