

Helping The Grieving Child and Teen

- Speak openly and honestly to your children.
- Teach loss as part of life.
- Seasonal changes are an opportunity to introduce the finality of life and death.
- Explain plans for the visitation, memorial, funeral, or Shivah - allow choices.
- Inform the child's or teens teacher or counselor.
- Work together with school personnel.
- Allow and encourage children and teens to express feelings through art, play, writing, or other expressive means.

Volunteering Time To Help Grieving Children and Families

The Solace Tree has met the needs of thousands of children and family members. There would be no Solace Tree without the commitment of volunteers who have come forward to work with these families in grief.

"The best thing for me was knowing that I wasn't the only one who had someone die."

- A Solace Tree Participant



photo credit Hayley Dyer

The Solace Tree
P.O. Box 2944
Reno, NV 89505

The Solace Tree 775.324.7723 • FAX 775.324.7725
www.solacetreer.org • info@solacetreer.org

THE Solace Tree
for grieving children, teens
and families
CELEBRATING
10 YEARS



photo credit Hayley Dyer

SPECIAL THANKS

Michael & SON'S
FINE JEWELRY NATIVE AMERICAN ART



SWAG | BLUE MOON
print · web promotional · apparel

for grieving
children, teens
and families

Peer Support Groups

Children ages 3 to 18 and their parent or caregiver who have experienced the death of someone they love participate in peer support groups twice a month.

Peer support groups are open-ended; participants may join at any time. Children, teens, and adults decide their length of participation. If you would like to join a grief support group or for more information call 775.324.7723 or email info@solacetree.org.

Groups are open to those who have lost a parent, caregiver, sibling, friend, grandparent or relative. Parent/Caregiver groups are open to those who have lost a child, or spouse. Adult groups meet while the child and teen groups are meeting.

***"I can finally talk about my grief with other kids who have lost a parent."
-Twelve-year-old participant***

The Solace Tree Offers

- Peer support groups for children, teens, and adults
- Volunteer training
- Good Grief Club
- Family consultation
- Continuing Medical Educations
- Continuing Education Units
- Community outreach
- Grief workshops
- Grief camp
- Speakers bureau
- Children's Bereavement Network

Participants Celebrating at Camp Solace



photo credit Hayley Dyer



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Hope and Healing

After a loss, children and teens must make their way in a world marked by intense sadness, loneliness, and emptiness. Eventually, feelings of loss including anger, guilt, resentment, fear, social withdrawal and depression may surface in unhealthy, unresolved ways in weeks, months, and even years. The Solace Tree gives children and their families many opportunities for sharing and self expression in healthy, positive ways.



The Solace Tree exists solely through the compassionate support of our community. Please help us fulfill the mission of supporting grieving children, teens and their families. Your money directly benefits local children and teens.

___ I'd like to make a financial contribution to The Solace Tree with a gift of \$_____

___ I'd like to become a Solace Tree volunteer.

Name _____

Address _____

City/State _____ Zip _____

Phone _____ Email _____

Please make checks payable to Solace Tree, Inc. and mail to The Solace Tree, P.O. Box 2944, Reno, NV 89505. The Solace Tree is a 501 (c)(3) nonprofit organization.