

Children's Grief Awareness Day



INFO SHEET

WHAT IS CHILDREN'S GRIEF AWARENESS DAY?

It's a day to think about the impact that a death has on children, and of their need for support. Today (and across the year) we can all work to:

- **EDUCATE** the community about grieving children.
- **EQUIP** peers and adults to support grieving children.
- **HONOR** these children and their loved ones who have died.

WHEN IS CHILDREN'S GRIEF AWARENESS DAY?

The third Thursday of November every year (the Thursday before the U.S. holiday of Thanksgiving).

WHY OBSERVE CHILDREN'S GRIEF AWARENESS DAY?

Grieving kids don't just "get over it." They need support – more support and for a longer time than most people assume.

HOW DO I OBSERVE CHILDREN'S GRIEF AWARENESS DAY?

Here are some ways you can support grieving children:

- **FOLLOW** or **LIKE** @childgriefday on Facebook, Instagram, and Twitter.
- Wear **BLUE**, the color of Children's Grief Awareness Day – add a butterfly, the symbol of **HOPE**.
- Organize an event at your school, business, or organization.
- For more ideas and activities, visit www.childrensgriefawarenessday.com/participate.

Join children, teens and adults across the nation and the world in helping grieving kids know they're not alone!



Children's Grief
AWARENESS DAY
EDUCATE. EQUIP. HONOR.

