

In case you need some information and guidance.

This Parent Resource Site consists of resources for families that touch on helpful information with regards to general symptoms of grief, trauma responses, tips on how to talk and answer questions with children, supporting and managing children's grief/trauma, healthy coping strategies for both children and teens, family friendly activities, local supports, and quick links.

<https://sites.google.com/gnspes.ca/griefresources/home>